

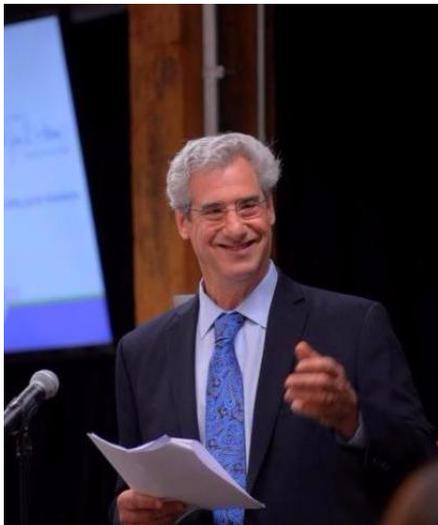
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Making small changes can make the biggest differences!



February 2016



From the Director

Since February is American Heart Month, we are celebrating the heart - not only how to keep it healthy, but also celebrating "heart-felt moments" that remind us of how blessed we are. It is the little things in life that can make the biggest differences - eating more fruits and veggies, getting regular exercise, making healthier choices at restaurants, and remembering to be grateful for what you already have. Embracing the little things adds up to a lot!

Brian Berman, MD
University of Maryland School of Medicine
Professor, Family & Community Medicine
Director, Center for Integrative Medicine

This Month on *Transforming Wellness*

How to Eat Healthy When Eating Out

Eating out should be fun, not stressful! And it doesn't mean that you have to eat unhealthfully. Here are some great tips for making healthier choices when you go out or order in.

[Read More Here](#)



Checklists for a Healthy Heart

How do you strengthen the function of the heart? What kinds of foods help with optimal heart health? What supplements help with heart health? Learn the answer to these and more!

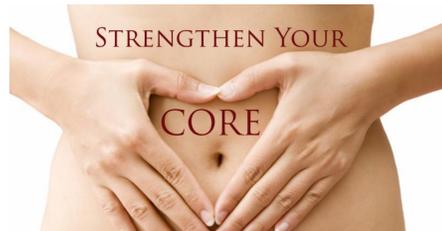
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Stealthy Exercise: Strengthening Your Core While You Sit, Stand, Drive or Even Lay Down!

Don't waste time driving, working at your desk or standing in line - use that time to exercise! These core strengthening exercises can be done just about anywhere and no one needs to be the wiser!

[Read More Here](#)



Heart-Felt Moments Jar

Create a beautiful container with a powerful purpose - to collect "heart-felt moments" throughout the year. It is a way to celebrate the good things in your life all year long!

[Read More Here](#)



Compassion Circle

This expressive arts project is a way to meditate and self-reflect. Create a circle as a reminder to yourself or give it to a friend.

[Read More Here](#)



This Month on *Cochrane CAM*

Buyer Beware: Herbal Supplements for Weight Loss

The first of a series of articles on weight loss, we look at what systematic reviews say about some of the popular herbal supplements used for weight loss.

[Read More Here](#)



Green Tea for Weight Loss? Yes and No

Many people claim that green tea is helpful for weight loss, but what does the research tell us?

[Read More Here](#)



Visit Our New Website

We are proud to announce that our new website is ready! It has taken months of work and even more planning, but we are pleased with the more modern feel and updated content. We hope you find it easier to navigate and find just what you are looking for. Our new URL is www.CIM.UMaryland.edu.

[Visit Our New Website](#)

Upcoming Events

Health & Wellness Conference

Join us for our one-day symposium to learn about

- Brain health
- Food As Medicine
- Trauma Care for Veterans
- And Much More!

CEUs available for many health professions!

Saturday, April 16, 2016 | 8:00am - 5:00pm
The Broom Corn Building | Baltimore, MD

[Learn More or Register Now!](#)

Self-Healing Retreat

This 7-day retreat is designed to support cancer recovery - whether you currently have cancer or are now cancer free. It is also designed to help family members and caregivers to care for themselves. Topics covered include pain management, nutrition, exercise, mind-body medicine, and stress management.

The two retreats for 2016 will be:

- June 12 to June 18

- September 11 to September 17

[Learn More Here](#)

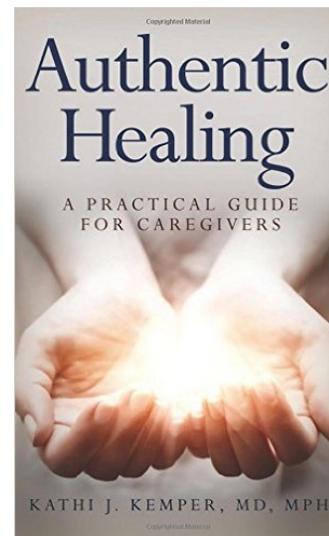


Book Review

Authentic Healing: A Practical Guide for Caregivers

by Kathi Kemper, MD, MPH

Authentic Healing: A Practical Guide for Caregivers is a useful book for healthcare providers and patient caregivers interested in learning techniques to help patients heal. It is written by a well-respected physician who has expertise in both conventional and complementary healing modalities and she presents an interesting mix of scientific evidence and descriptions of ancient practices. Readers of this easy to read book will find specific instructions for using meditation, guided imagery, creative arts, self-care and more to facilitate healing in themselves and others. If you are interested in becoming a more effective healer, this book is definitely worth a read.



Review by Delia Chiaramonte, MD, Associate Director, Center for Integrative Medicine

[Learn More Here](#)

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