

The content in this preview is based on the last saved version of your email - any changes made to your email that have not been saved will not be shown in this preview.



January 2016

A Note from the Director



January is Weight Loss Awareness Month. Weight loss is something the millions of people of all ages struggle with, both here in America and all over the world. In my opinion, weight loss shouldn't be about being "skinny" - the goal should be to get healthier, inside and out. In this issue, we give readers tips on how to think healthier and eat healthier, what research tell us about plate size and weight loss, and much more. We hope this helps you in your individual journey to better health and wellness!

Brian Berman, MD

Healthy Thinking for Healthy Weight

Focus on abundance, avoid black and white thinking, banish guilt and savor the experience of eating - these are four ways to think healthier. It's easier than you might think it is!

[Read the full article here.](#)



3 Tricks to Sneak in Healthier Foods

Choosing to live a healthier lifestyle is the first step. Sometimes taking the next step and eating better is hard. Here are some small steps that will make a big difference!

[Read more here.](#)



Read other articles on our Blog, *Transforming Wellness*, [here](#).

Cochrane Complementary Medicine



Through an NIH grant supporting our work with [Cochrane](#), we lead an international collaborative effort to support and promote systematic reviews of trials in the field of complementary, alternative, and integrative medicine. Follow [Cochrane Complementary Medicine](#) through our [blog](#), [@CochraneCAM](#), and [Facebook](#).

Recent blog articles include:

- [Beyond Exercise: Yoga for Health](#)
- [Think Small: Plate Size and Portion Control](#)
- [3 Ways to Make Infant Injections Less Painful](#)
- [Sleep, Stress, and Singing: Music for Health](#)
- [Does Mistletoe Improve Cancer Outcomes?](#)
- [Sleep Before Surgery: Can Melatonin Help?](#)



UNIVERSITY OF MARYLAND SCHOOL OF MEDICINE
CENTER FOR INTEGRATIVE MEDICINE

HEALTH & WELLNESS *conference* 2016

EXPLORE EXPERIENCE ENGAGE

SATURDAY, APRIL 16 | BALTIMORE, MD



[Join us April 16th for our Health & Wellness Conference!](#)



Learn how you can help us

[Transform Wellness Beyond Imagination!](#)