



October 2016 eNewsletter



Breast Cancer is a scary disease that affects many of our friends, mothers, sisters, daughters, and even many men. While Integrative Medicine is not the cure, when used in conjunction with modern treatments, like proton therapy or radiation, studies have shown that patients have much better quality of life and outcomes. In this issue of our eNewsletter, some of our experts give

advice on what to eat to boost your immune system and aid in recovery, as well as what you should (and shouldn't) say to your loved one who has cancer. We also provide evidence that music may be beneficial in cancer care.

I hope you find this information useful and encourage you to share it.

All Best Wishes,

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

On Our Blogs

Nutrition for Cancer Care

If you're someone who is living with cancer, there are a number of strategies that you can use to optimize

your prognosis, including healthy nutrition.

[Watch the video here](#)



Ayurvedic Cooking to Boost Your Immune System

In Ayurveda, food is medicine. This article provides tips and recipes for using food to boost the immune system.

[Read more here](#)



What To Say To A Friend Who Has Cancer

When someone finds out they have cancer, it's hard to know what to say to be supportive. We provide some guidelines and suggestions to follow.

[Read more here](#)



How Music May Improve Quality of Life for Cancer Patients

A recent Cochrane review found promising evidence that music can reduce the pain, stress, and anxiety that comes with cancer treatment.

[Read more here](#)



From Our Healing Arts Blog



Autumn Grace

This expressive arts project encourages an appreciation for autumn's beautiful colors, while you notice and foster a feeling of daily grace in your life.

[Read more here.](#)

In the News



Delia Chiaramonte, MD, Assistant Professor, Family & Community Medicine, and Associate Director and Director of Education, Center for Integrative Medicine, was quoted extensively in the Health Radar article, "Nonconventional Cancer Treatments: A Primer," published in October 2016. Available online soon.

Brian Berman, MD, Director of the Center for Integrative Medicine, was quoted on TODAY.com in "Best home cures for your aches and pains," published September 20,

2016, where he gave advice about treatments for the common cold and flu.
<http://www.today.com/health/best-home-cures-your-aches-pains-t103029>

Upcoming Events



Healing Pathways Training

This 6-week course for health professionals starts April 2017.
[Click here for details.](#)

**Join our faculty and colleagues
as they present at these events...**

An advertisement for a "Pain Management Panel" event. The text is on the left side of a light blue background. On the right side, there is a close-up photograph of a person's face with two acupuncture needles inserted into their forehead. A hand is visible near the needles. In the top right corner of the advertisement, there is a logo consisting of three interlocking blue circles.

Natural Approaches
to Pain Relief
Pain Management Panel

Wednesday,
November 16

Presented by
the Institute for
Integrative Health

Learn from CIM's Chris D'Adamo, PhD, and other experts how nutrition, acu-therapies, and mind-body practices can help you alleviate pain. This free event is offered by the Institute for Integrative Health.
[Learn more and register here.](#)





**Reiki
Level 1
Certification**

This course is offered by
the Institute for
Integrative Health

In this beginner level course, CIM's Bonnie Tarantino, MFA, E-RYT will introduce health practitioners to the yogic practice of Reiki. By learning the energy system of Reiki and how to incorporate it into a yoga routine, participants will be able to teach clients yogic techniques for combating stress, pain, and mental fatigue.

[Learn more and register here.](#)

Research Studies - Now Enrolling

Click the images for details.



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