



## September 2016 eNewsletter



September is Pain Awareness Month. To those of us who suffer from chronic pain, we are keenly aware of it everyday. If you suffer from chronic pain, you are not alone - there are approximately 116 million people in the US who are also suffering. There is also an effort to find relief without the use of dangerous opioids. In this issue of our eNewsletter, we offer a few options to

help get relief and some resources to get you started on a journey to less pain.

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

To Your Health,

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

## On Our Blogs

### The Truth about Chronic Pain

Dr. Brian Morrison gives us straight talk on what chronic pain is and how to find relief.

[Read more here](#)



## How to Safely Use Essential Oils for Pain Management

Essential oils can be helpful in finding relief from pain. Learn which help most and how to use them safely.

[Read more here](#)



## Acupuncture for Pain Relief

Acupuncturist Brian Jackson addresses how acupuncture can help your find relief from your pain.

[Read more here](#)



## TENS and Pain Relief: The Shock that Soothes

Using electricity for pain relief has been around since the beginning of time. The TENS units may be a good option for today's pain patient.

[Read more here](#)



# From Our Healing Arts Blog



## Self-Care Idea Pocket

This expressive arts project is designed to help create a reminder for practicing self-care each day.

[Read more here.](#)

## In the News



In this *ABC2News In Focus* segment, **Dr. Brian Morrison**, Clinical Instructor, Family and Community Medicine; Director of Chiropractic Services, Center for Integrative Health and Healing; and long-time instructor in our fourth year elective, talks about how we at the University of Maryland School of Medicine are teaching medical students about alternative treatments for pain during our fourth year Integrative Medicine

elective. Aired on September 7, 2016. <http://www.abc2news.com/news/in-focus/surgeon-general-prescription-painkillers-are-leading-to-thousands-of-deaths>

Associate Director and Director of Education, **Dr. Delia Chiamonte**, and Director of Yoga Programs, **Bonnie Tarantino**, were featured experts in the *Newsmax* article, "How Yoga Heals Your Heart as Well as Your Mind," published on August 24, 2016. <http://www.newsmax.com/Health/Headline/yoga-heals-heart-mind/2016/08/24/id/744994/>

Director of Research, **Dr. Chris D'Adamo**, gave advice on using spices to fight inflammation in an *AARP.com* article, "8 Ways to Fight Off Inflammation," published on July 14, 2016. <http://www.aarp.org/health/conditions-treatments/info-2016/inflammation-anti-inflammatory-diet-photos.html#slide3>

## Upcoming Events



### Yoga Teacher Training

200-hour program begins September 22, 2016.  
Click the image for details.

**Hear from our past students about their experiences as they became yoga teachers.**

**[Watch the video here.](#)**

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



**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.](#)



**Healing Foods**

**This course is offered by  
the Institute for  
Integrative Health**

**A two-part course on  
the restorative  
power of food**



Explore the power of food in this two-part course with certified culinary nutrition expert Rachel Druckenmiller, MS. Rachel will provide recipes, live cooking demonstrations, and nutrition tips that can help you prevent and alleviate inflammation, enhance vitality, and strengthen your immune system. CIM's Chris D'Adamo, PhD, will be on hand offering commentary and answering questions.

Offered by The Institute for Integrative Health.

[Learn more and register here.](#)



**Reiki  
Level 1  
Certification**

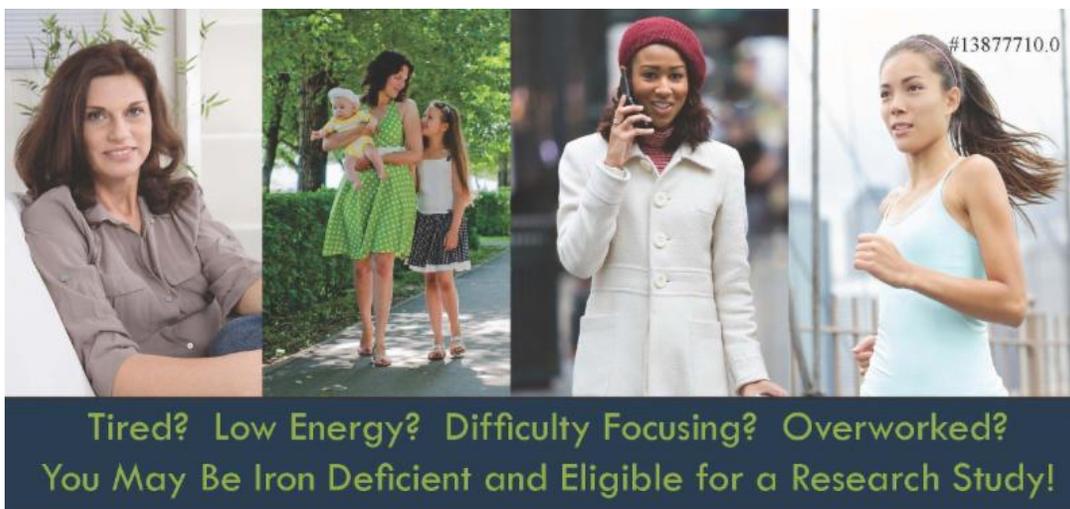
This course is offered by  
the Institute for  
Integrative Health

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.



**Tired? Low Energy? Difficulty Focusing? Overworked?  
You May Be Iron Deficient and Eligible for a Research Study!**



Bereavement Writing Study

# Visit Our Outpatient Clinical Practice



Physician Consultations | Acupuncture | Nutritional Counseling  
Therapeutic Massage | Chiropractic | Psychotherapy | and much more!

UNIVERSITY *of* MARYLAND SCHOOL OF MEDICINE

## Center for Integrative Health & Healing

The clinical practice of the **Center for Integrative Medicine**

Visit us online at <http://www.cim.umaryland.edu/Patient-Care/>.

## Help Us Transform Wellness



**PEDIATRIC MASSAGE HELPS KIDS.**

**HELP US HELP KIDS**

<https://medschool.umaryland.edu/CIMHelpingKids>

We could use your help as we transform wellness beyond imagination.

[Learn more by visiting our donation page here.](#)

