



July 2017 eNewsletter



This is my first month back after a six month sabbatical. It was a powerful time during which I was able to recharge, make connections, and learn deeply about health and wellness. I am pleased to be back to present our July 2017 newsletter in which we teach about the "food-mood connection" and how massage helps with arthritis pain. We are excited to share our latest Cochrane CAM review, as well as an interesting expressive arts project that encourages hope when mistakes have been made.

We are also thrilled to share with you some exciting upcoming events and new education programs, including a conference from the International Society for Nutritional Psychiatry Research, Applied Integrative Medicine Training for Healthcare Providers, 200-hour Yoga Teacher Training, and two graduate programs from the University of Maryland, Baltimore that we are coordinating and teaching, and more.

I hope you find this information helpful and encourage you to pass it along to your friends.

Yours in Health,

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

On Our *Transforming Wellness* Blog

Can Massage Therapy Help Relieve the Pain and Discomfort Related to Arthritis?

Both professional massage and self-massage can help relieve pain from arthritis.

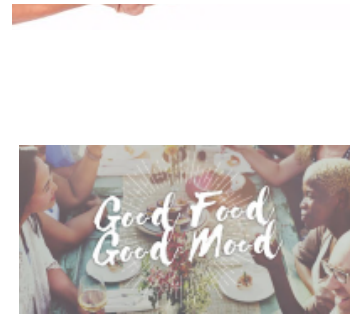


[Read more here](#)

The Food-Mood Connection

Emerging evidence suggests that diet is as important to the brain as it is to the body.

[Read more here](#)



From Our *Healing Arts* Blog



Imperfectly Perfect

"The idea for this expressive art project came from a failure. I was using spray inks to spray a flower stencil that I had made. The ink spread and blurred out from under the stencil and the colors blended in a drippy mess. Or so I thought. "Humph," I thought and I walked away...it dried and I thought, "Wait, what if..." And I doodled and played with the mess. And then I realized that "hope" can spread and seep into all parts of our lives and now I love this imperfectly perfect flower with its message of light."

[Read more here](#)

From *Cochrane CAM*

Yoga for Treatment of Urinary Incontinence in Women

Our team headed up this Cochrane Review (Intervention) to assess the effectiveness and safety of yoga for the treatment of urinary incontinence in women.

[Read more here](#)



Recipe of the Month



Fruit Salsa with Cinnamon Crisps

Loaded with fresh fruits and berries, this fruit salsa is "dessert meets dip" - and is sure to be a favorite at every party. Only a



few ingredients and simple to throw together - it's one of our new found favorites!

[Read more here](#)

Read our Annual Report Online!



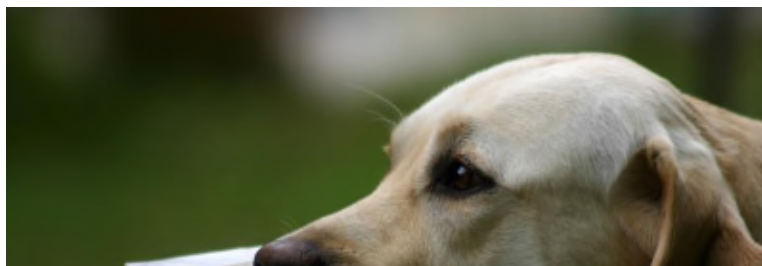
**Adobe Flash Plugin required to view the Annual Report.*

Like what you read? Consider becoming one of our valued supporters!

**To learn more about our funding needs,
call Sheila Young at 410-706-0106.**

[Or give online today!](#)

In the News





Chris D'Adamo, PhD, Assistant Professor, Family & Community Medicine, and Director of Research, Center for Integrative Medicine, was quoted in a Baltimore Sun article, "Trendy health ingredients give restaurants' menus an extra kick," on June 27, 2017. Read the full article [here](#).

He was also quoted in a PBS NewsHour story, "Tired of taking pills for diabetes? How about a shot of broccoli?" published on June 17, 2017. Read the full article [here](#).

Upcoming Events

**From our friends at
International Society for Nutritional Psychiatry Research:**



ISNPR 2017

Conference in Bethesda, USA
30th of July to 2nd of August 2017



To support scientifically rigorous research into nutritional approaches to the prevention and treatment of mental disorders and their comorbidities

Join our friends at the first major international meeting of the [International Society for Nutritional Psychiatry Research](#).

This meeting will reflect the broad spectrum of research, from the sub-cellular to translation and implementation science. The program will cater to the interests of researchers and clinicians from the fields of public health, diabetes, cardiovascular disease, obesity and dietetics, as well as psychiatry and psychology. There will also be a strong focus on basic science and the biological processes and factors that underpin the links between diet, nutrition and mental health, including the brain-gut-microbe axis, immunology and metabolic processes and molecular science.

For further information visit <http://isnpr2017.org/>
or contact the Conference Organizers at isnpr2017@icms.com.au.





Team up with us to fight lung cancer!

Join us on August 20 for a fun day of yoga or donate to this great cause today!

We are a co-sponsor for this event. We will also have a table there, so come by and meet some of our team (and pick up some great gifts). Additionally, our Director of Yoga Programs will lead a session on the main stage at 12pm! [Learn more here.](#)

[To donate to our team, visit our team page here.](#)

Applied Integrative Medicine Training: Practical Skills for Health Care Providers



We have created an evidence-based training program designed to give health care professionals not just the fundamentals of Integrative Medicine, but hands-on experience and real-life applications that can be immediately applied to their practice. Continuing Education Credits available.

4 live sessions beginning September 18-20, 2017, plus online coursework.

[Learn more here.](#)



200-hour Yoga Teacher Training

Are you a health professional who wants to become a yoga teacher? This 200-hour program is for you! We emphasize the health benefits of yoga while providing an explanation of postures, alignment, yoga philosophy, meditation, toning, chanting and more! Reiki Master certification also included.

Only 5 spots left. Classes are Thursday nights in Towson, MD right off of 695. Additional Yoga Practice classes are Sunday and Monday nights in Towson. Another yoga practice class will be offered south of Baltimore, TBD.

[Learn more here.](#)

[Want to be a part of the UMB Yoga Community?](#)

Email CIMEvents@som.umaryland.edu to find out how to stay up-to-date on the evolution and advancements in yoga programs including Yoga Therapy!



Self-Healing Retreat for Current & Recovering Cancer Patients and their Families

Join us for a 7-day retreat designed to support your cancer recovery. By teaching mind-body integration techniques, stress management, and much more, we support your journey to self-healing for general health and overall well-being.

Sunday, September 24 - Saturday, September 30, 2017 | Baltimore, MD

[Learn more here.](#)

Liddlekidz
Nurturing Touch for the Growing Child





Hospital Based Massage Therapy for Little Kidz™ Certification Course

October 16-20, 2017 | [Click here for details.](#)



INTEGRATIVE HEALTH & WELLNESS

CERTIFICATE PROGRAM

ONLINE

This unique, 12-credit certificate program is entirely online.

The **Integrative Health and Wellness certificate** is a unique, 12-credit graduate certificate program offered entirely online through the University of Maryland, Baltimore. This one-year certificate is designed to help advance participants' careers in integrative health and wellness. In the four courses, participants will have the opportunity to learn about and experience the fundamental concepts, philosophies, and methods of integrative health, as well as integrative mind-body interventions, the fundamentals of health coaching, and how to apply their knowledge of integrative health and wellness to assessment and treatment planning.

**Applications are now being accepted for the Fall.
The application due date is July 30th.**

[Learn more here](#) or email Dr. Michelle Pearce at mpearce@som.umaryland.edu.



Online Master of Science in Palliative Care

The University of Maryland, Baltimore is now offering an interprofessional, completely online Master of Science degree in Palliative Care and five specialized post-graduate certificates in Palliative Care. The program includes a wide range of elective offerings to achieve personal educational goals, including clinical care, psychosocial/spiritual, administrative/leadership or thanatology courses.

For more information, visit graduate.umaryland.edu/palliative, email palliative@umaryland.edu or call 410-706-PALL (7255).

Visit Our Outpatient Clinical Practice

UNIVERSITY of MARYLAND SCHOOL OF MEDICINE

Center for Integrative Health & Healing

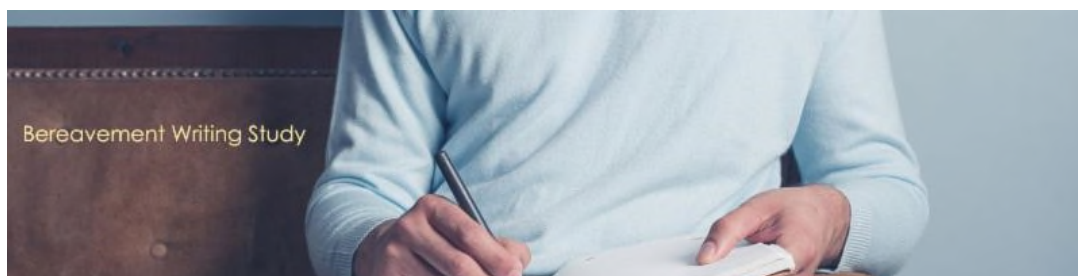
The clinical practice of the **Center for Integrative Medicine**

Starting September 2017, we will offer:
Acupuncture | Psychotherapy

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

Research Studies - Now Enrolling

Click the image for details.





Are you on our email list?

[If you are not already on our email list and would like to be, please sign up here!](#)

