



March 2017 eNewsletter



Sleep is a critical aspect of our lives that is over looked by many of us. Without a good night's sleep, our brains don't function at peak efficiency and people often overeat or chose less healthy "convenience" foods which can lead to weight gain. It is also more difficult to deal with stress when you are sleep deprived. In this issue of our newsletter, we have some great articles about how what we eat affects how we sleep and easy self-massage techniques to help you fall asleep, as well as an activity to get you centered before bed.

We are also pleased to share with you some exciting upcoming events, research studies, and clinic offerings.

We hope to see you soon!

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

Yours in Health,

Delia Chiamonte, MD
Assistant Professor, Family & Community Medicine
Assistant Professor, Epidemiology & Public Health
Associate Director, Center for Integrative Medicine
Director of Education, Center for Integrative Medicine
University of Maryland School of Medicine

On Our *Transforming Wellness* Blog

Sleep and Food

Dr. Elizabeth Parker talks about foods to help you sleep better, foods to avoid and foods to consume prior to bed.

[Read more here](#)



Massage Yourself to Sleep

Massage has been shown to increase sleep quality. Kat Farber, LMT, BCMT, CA gives us some techniques to try at home.

[Read more here](#)



From Our *Healing Arts* Blog



Heart Centering Garland

Sleep can often be interrupted by thoughts and worry. Using this expressive arts activity can be a creative way to work on long-term wellbeing by encouraging a process of compassionately observing or letting go of thoughts that interrupt your deep, relaxing sleep.

[Read more here](#)

From Our *Cochrane CAM* Blog

Sleep, Stress and Singing: Music for Health

Recent Cochrane reviews found that music therapy may improve heart rate, decrease blood pressure, or reduce distress and anxiety in many situations. A number of studies also suggest that music can help improve sleep.

[Read more here](#)



Recipe of the Month

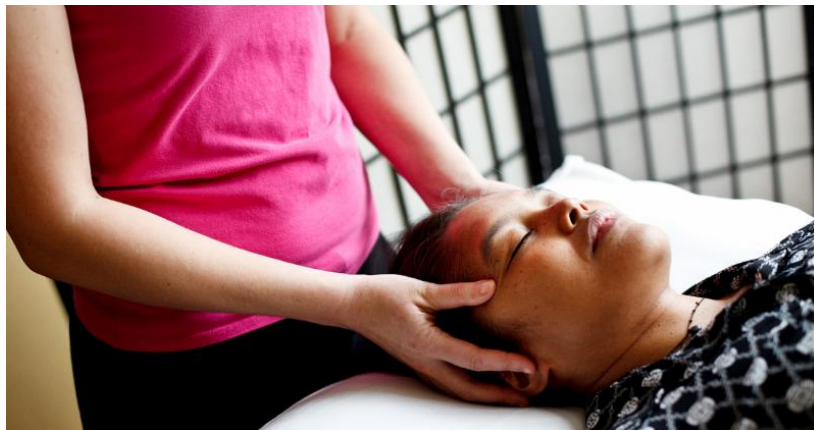


Chicken Waldorf Salad

A delicious, healthy recipe that has lots of ingredients that will facilitate a better night's sleep. Leftover cooked chicken makes this chicken Waldorf salad, loaded with apples, grapes, celery and walnuts, easy to assemble.

[Read more here](#)

Thank You to Our Generous Philanthropic Donors



It is thanks to supporters like you that we are able to bring these informative articles to you each month and that we are able to make a difference in the lives of so many people. We are taking care of the sickest people in the hospital and helping patients find their best version of health in our outpatient clinic. We are educating health care practitioners and conducting innovative research.

**We need your ongoing support to help us
continue our good work.**

[Give online today](#) or call Sheila Young at 410-706-0106.

In the News



Dr. Chris D'Adamo, Assistant Professor, Family & Community Medicine, and Director of Research, Center for Integrative Medicine, was quoted in a New York Magazine blog article, "Is Ginger Tea Really Good for an Upset Stomach?" published on February 17, 2017. Read the full article [here](#).

He was also quoted in a New York Magazine blog article, "Can Magnesium Help Me Sleep?" published on February 10, 2017. Read the full article [here](#).

Upcoming Events

HEALING PATHWAYS

WITH REIKI LEVEL I AND II CERTIFICATION



Healing Pathways Training

This 6-week course for health professionals starts April 5, 2017.

[Click here for details](#)



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

Sunday, April 23 - Saturday, April 29, 2017 | Broom Corn Building in Baltimore

[Click here for details](http://www.cim.umaryland.edu/healingretreat)

Natural Approaches to Chronic Pain:
Effective Alternatives to Opioids

A seminar highlighting how chronic pain can be alleviated through natural, non-toxic, non-invasive therapies as a needed alternative to opioids.
www.Naturopathic.org/ChronicPainSeminar2017

Saturday, April 29
8:00 AM - 2:00 PM

Hyatt Regency
Crystal City
Reagan National
Airport

5.0 AMA PRA
Category 1
Credits™

5.0 Naturopathic
Doctor CE Credits

Join our friends at the American Association of Naturopathic Physicians for this great event!

Saturday, April 29, 2017 | 8:00am - 2:00pm

[Click here for details](#)



Integrative Ayurveda Training for Healthcare Professionals and Personal Wellness

Join us LIVE June 23-25, 2017. Online options available.

[Click here for details](#)



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).



Hospital Based Massage Therapy for Liddle Kidz™ Certification Course

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

Visit Our Outpatient Clinical Practice



Featured Practitioner
Jason Bosley-Smith, MS, LDN, CNS, FDN

As a clinical, integrative nutritionist, Jason Bosley-Smith works to seek out the underlying cause of health imbalance and provides evidence-based dietary & lifestyle interventions to support his patients' health and wellness.

[Read his full bio here.](#)

We also offer:

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/>.

Research Studies - Now Enrolling

Click the image for details.

