Winter 2-2009

Integrative Health Studies Newsletter

CIIS

Follow this and additional works at: http://digitalcommons.ciis.edu/integrative-healthnewsletter

Part of the Alternative and Complementary Medicine Commons

Recommended Citation

http://digitalcommons.ciis.edu/integrative-healthnewsletter/19

This Book is brought to you for free and open access by the Journals and Newsletters at Digital Commons @ CIIS. It has been accepted for inclusion in Integrative Health Studies Newsletter by an authorized administrator of Digital Commons @ CIIS. For more information, please contact bshirazi@ciis.edu.
Prevention in the Spotlight

Even in an economic downturn, health careers prove to be a growing job market. Plus, the national focus on health care reform and prevention has never been more pressing, and the knowledge and skills of IHL graduates are in demand. In February, Department Chair Meg Jordan, PhD, RN, forged new alliances from government institutes to leading research organizations, seeking partners for the IHL commitment to bring integrative health models to underserved communities. Meg and faculty member Julia Zarcone, MA, participated in the Summit on Integrative Medicine at the Institute of Medicine last month. The outlook is bright for integrative health.

Program Highlights

New Internships in Wellness

With a record enrollment this spring, the IHL department continues to expand, and internships have opened at Pacific Gas & Electric, Aetna and Blue Shield for students. While some test their newly shaped skills in wellness coaching and program design, others adopt international health organizations, advocate for health equity and social justice, and usher a holistic systems approach into mainstream clinical settings.

Free Webinar

"Let Them Eat Happiness? Making Positive Psychology Work With the Grim Reality of Health/Wealth Inequity" with Meg Jordan

March 3, 8:00 AM - 9:00 AM PST

This webinar gives a sneak preview of a larger
presentation scheduled for the National Wellness Conference in July 2009.

Click Here to register
800.243.8694 or
e-mail nwc@nationalwellness.org

Call to Community Service and Volunteerism

Activism and applied learning are central to the mission of integral education. Maria Min spends time with Off the Mat into the World (OTM), a program helps you define your purpose and become active in your local or global community. Li Campanello enjoys the bliss of the Tse Chen Ling Center, a Buddhist community. Chanda Williams teaches yoga at the San Francisco County Jail in San Bruno through a program called Resolve to Stop Violence Project (RSVP), a restorative justice crime prevention program centered on yoga, meditation and life skills. Barb Harris is supporting the Women's Program as well as the staff of the Health Center at Glide Church through integrative wellness coaching skills.

e-Portfolios

For the first time, students preparing to graduate will showcase their Final Project scholarship, community service and professional goals in a web-based e-portfolio, in addition to the traditional binder. Plans are underway for an audio/video learning lab to make podcasts and webinars-another way for students to move health information.

Bhutan for 2010

Meg Jordan, PhD, RN, will conduct ethnographic research in Bhutan this March, but hopes to put together a full CIIS trip with Richard Buggs, PhD, Director of Alumni, next March 2010.

Conferences

Institute of Medicine Summit on Integrative Medicine, Washington, DC Feb 25-27, 2009

The Art and Science of Health Promotion, San Francisco, CA March 16-18, 2009
Health Tips

* **Splenda®. Not so splendid.** Sucralose (chemical name) replaces some oxygen and hydrogen with chlorine, creating a chlorocarbon similar to insecticides and disinfectants. Support the [Citizens for Health](https://www.citizensforhealth.org) petition FDA for a recall of the artificial sweetener.

* **Nanotechnology Warning.** Many sunscreens and dietary supplements use titanium dioxide in sunscreens and as coatings. When micronized, titanium dioxide have the potential for causing DNA damage by escorting unwanted co-constituents inside cells.

* **Proactive Prevention Model**  New advisory board member [Russell Jaffe, MD, PhD, CCN](https://www.nationalwellnessinstitute.org), presents his Proactive Prevention model to the Ripple Snomass Consortium. You can start on it now by reducing oxidative stress, correcting acid/alkaline balance, hydrating properly, and replacing needed antioxidants.

Alumni Making Waves

**Jerrol Kimmel, MA,** is using her mind/body relaxation techniques as Integrative Health Practitioner for a busy OB/GYN practice with Ricki Pollycove, MD.

**Katie Wilson, MA,** is a Research Coordinator for Preventive Medicine Research Institute, founded by Dean Ornish, MD.