Message from Meg Jordan, PhD, RN
Dept. Chair and Prof., Integrative Health Studies (IHL)

Notice how health dominates the headlines lately? "Impending public health disasters in Haiti and Chile. Childhood obesity championed by the White House. Last fight for the public health care option." Our IHL graduate students adopt global health NGOs, forge integrative nutrition solutions, and fight skyrocketing insurance premiums. The world is keeping them busy, and they’re all employed. One new grad, Stephanie Goldstein, returned to Southern Illinois to find three doctor's offices ready to accept her skills as an integrative wellness coach and healing yoga practitioner. No matter what the headline says, IHL students extend compassionate activism in every direction at once.

**Nutripuncture Workshop**

A follow-up visit and workshop on March 6-7 features the investigative work of French researcher Patrick Veret, MD and Cristina Cuomo at CIIS, Namaste Hall. This workshop on aligning nutrient support along meridians is open to the public. Call 415 575-6199 to attend.

**Childhood Obesity and Neighborhood Watch**

As Michelle Obama inspires us to tackle childhood obesity, San Francisco can pride itself on instituting many of the methods she suggests: Get rid of the junk in school vending machines, restore physical activity, and rediscover the at-home family meal. IHL faculty Niyati Desai teaches integrative nutrition, which emphasizes nutritional science, food advocacy, GMO labeling, water privatization, and deep nourishment.
Integrative Healthcare Symposium

Six graduate students from IHL accompanied Dr. Meg Jordan to the Integrative Healthcare Symposium in NYC where they heard leading experts present on environmental toxins, women's health, functional medicine principles, brain health and vaccine injury, iodine and Vitamin D supplementation, thyroid and adrenal recovery, and more. What impressed them the most? The way leading experts acknowledged the need for two emerging professions-- "integrative health practitioners" and "health coaches"--to fundamentally reshape the health care landscape today.

IHL Faculty News

Yosuke Chikamoto, PhD, core faculty of IHL, will be in Tokyo on March 22 to give a presentation on "Wellness Coaching" sponsored by Japan Health Development Foundation.

Dr. Beverly Rubik's study on the effect of traditional diets of unprocessed foods on blood components, as compared to modern, conventional organic diets, produced some surprising findings. She writes, "In fact, we observed....that high levels of saturated fats in the diet seem to have a protective effect on the RBCs and to inhibit the expression of inflammation." The study was published in the journal Wise Traditions in Food, Farming, and the Healing Arts.

Student Projects

Some of the IHL graduating final projects are:

* Effects of meditation and yoga on inmates
* Stopping cycles of intergenerational domestic violence
* CIIS Integrative Wellness coaching for depression
* Impact of financial advising on wellness coaching

Conferences

March 17-21, Near-Death Experiences
Meg will present, "They're Baaaack: Life-After-Death Reports in the Age of Neurobiology" at the 30th Annual Spring Conference for the Society for the Anthropology of Consciousness, this year chaired by Matthew Bronson, PhD, of CIIS Anthropology Dept.

Adjunct faculty Dr. Beverly Rubik will also present. This event will be held at the UC Berkeley Faculty Club. Visit www.sacaaa.org/ to register or for more information.

July 17-22 National Wellness Institute,
CIIS is now an associate member of the Academic Consortium for Complementary and Alternative Health Care (ACCAHC), an exciting collaboration of 15 member organizations.

About Integrative Health Studies

The IHL program offers a nonclinical M.A. degree, preparing students for careers in the integrative health field as educators, coaches, practitioners, researchers and administrators through a curriculum that emphasizes an interdisciplinary study of diverse methods and healing philosophies, along with real-world internships and embodied practice of holistic self-care. Integrative health is the art and science of achieving optimal wellness by integrating the best of modern medical practice with time-honored native healing and evidence-based holistic therapies, and respectful attention to the larger social, environmental and spiritual contexts of people and their communities. Thank you for your interest and support of the IHL Program. For more information, contact Chanda Möllers, Program Coordinator at 415 575-6199 or cwilliams@ciis.edu