



e-Newsletter  
December 2013



## Workshops/Classes

QiGong

Tai Chi

"New Year, New You"  
Weight Management  
Class



### Research Study: Writing for Grief

Be part of a University of Maryland, Baltimore study on the role of faith and spirituality in bereavement. This study is an intervention designed to help people who are grieving the loss of a loved one. There is no cost to participants.

[Click here to learn more and to see if you are eligible to participate.](#)

## In the News

Dr. Brian Berman featured on NPR's Humankind series.

## 5 Tools to De-Stress this Holiday Season

By Erin Peisach, RD, LDN

Ah, the Holiday season. A time filled with family, football, and of course fabulous food! A time for us to relax, enjoy the company of our loved ones and give thanks for what we have...If only it was that simple! Let's not forget the shopping, pushing through the hustle and bustle, colder weather, shorter daylight



hours, cold and flu season, hosting the in-laws and hectic traveling that often accompanies the holidays. Not to put a damper on it, but I think most of us need to whip open the "stress management toolbox" to prevent any meltdowns!

Here are 5 tools to add to your Stress Management Toolbox this holiday season:

1. **Breathe!** We do it all day, every day, all night, and every night, since the day we were brought onto this earth. But are we doing it all wrong? During times of stress you may notice that your breathing is shallow and quick. To help relieve stress when it strikes, try taking a deep breath in through your nose, counting to four, feeling your belly expand with air. Release the breath out of your nose, counting to four, and feel your belly release the air. Do this for ten full breaths.
2. **Be Present.** It sounds so simple, but people rarely concentrate on the present and instead concentrate on the past or the future. Stress will come when you worry too far out of your current level of control. When a stressful situation arises, pay attention to the present moment by focusing on your senses. What can you smell? What do you see? Can you hear the birds chirping? How does your body feel? Bring yourself back to the present situation and your stress will ease away.
3. **Read more [here](#).**

**Be inspired to be a "New You"!**

"The Search for Wellbeing."

Can music help cancer patients? Dr. Chris D'Adamo was interviewed about this study on WBAL-TV.

Dr. Brian Berman was named a "Top Doc" in Baltimore Magazine.

Are you interested in losing weight and feeling great, but just don't know where to start? We can help!

Join us for a free introductory class to learn about weight loss and find out if our program is the right fit for you.

[Learn more here](#) or call the clinic at 410-448-6361.



## Health Alert

### Herbs for Stress

Adaptogenic herbs rejuvenate the body and produce vitality by improving one's ability to handle stress, reduce pro-inflammatory pathways, and increase anabolic metabolism.

Learn more [here](#).

## Patient Care



Whether you are looking for acupuncture, psychotherapy, nutritional counseling, or a physician consultation, the Integrative Patient Care Team is ready to help!

[Click here to learn about our services and locations.](#)

## Clinic News

### Reiki Practitioners

We're delighted to welcome our three new Reiki practitioners: Brianna Bedigian, Brenda Doetzer, and Kim Jenner. Reiki practitioners help patients access healing energy and deep relaxation that can be helpful with stress, depression, pain, fatigue, and many other conditions that bring people to our clinic. Brief biographies of these practitioners are available in the clinic or by clicking [here](#). Ask your practitioner if Reiki would be helpful for you.

### Outcomes Study

We're excited to have begun collecting data on patient self-reported outcomes, including pain, depression, anxiety, and social and physical functioning. This data is being collected as part of a national study that our clinic is a part of. We will be able to use it to better understand what the impact of various treatments is, and with patients to assess whether we are making progress in improving how you feel. The study involves a brief survey that is available online and is done every two months. We are inviting patients to sign up when they come to the clinic; you can also do so by going directly to the study website: <http://tinyurl.com/p-maryland>.

## Publications

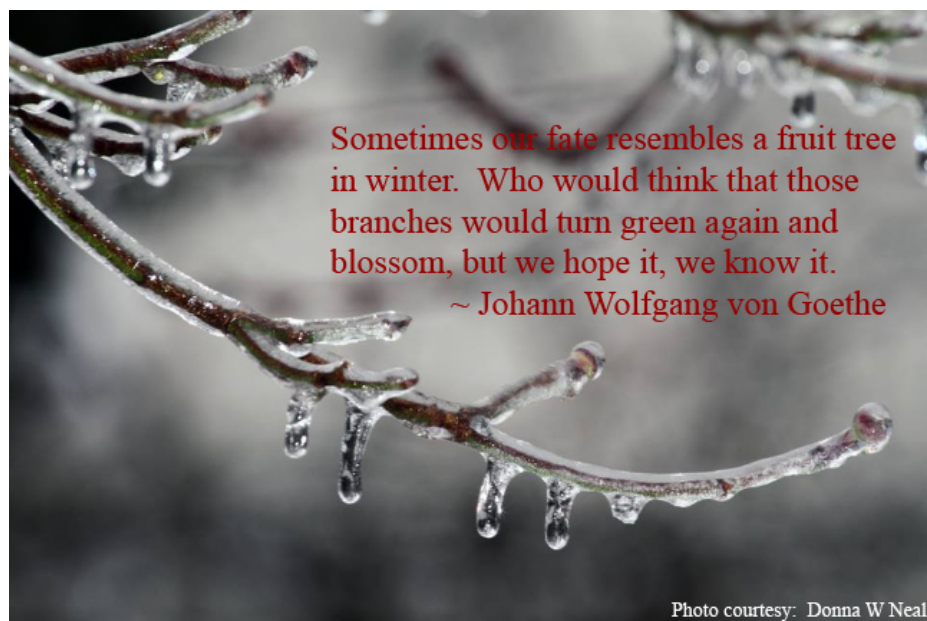
**Eric Manheimer, PhD**, coordinator of the Cochrane Collaboration CAM Field that the Center for Integrative Medicine founded and directs, co-authored "Randomised clinical trials on acupuncture in the Korean literature: bibliometric analysis and methodological quality," which was published in the November 2013 issue of *Acupuncture in Medicine*.

**Ruixin Zhang, PhD**, assistant professor, was lead author of "Mechanisms of Acupuncture-Electroacupuncture on Persistent Pain," which was published in the December 2013 online issue of

Anesthesiology. Brian Berman, MD, professor and director, was a co-author on the paper.

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