



June 2010 edition

## What's Happening at Tai Sophia?

- 10 Herbs to Grow and Eat at Home
- Attend a Summer Open House
- Last Chance to Register for June Redefining Health
- Join Tai Sophia at Healthy Howard Day
- New Exhibit at the Himmelfarb
- Supplement Sale at The Meeting Point
- Continuing Professional Education Workshops
- June at the Tai Sophia Library, and more!

## 10 Herbs to Grow and Eat at Home

Late spring and summer are prime time to grow herbs outdoors. Courtesy of Tai Sophia clinic-level herbal medicine student Anne Harvey, learn how to plant and care for the following 10 herbs that you can grow, eat, and enjoy at home:

- Rosemary
- Sage
- Thyme
- Peppermint
- Sweet Basil
- Lemon Balm
- Oregano
- Lavendar
- Garlic
- Cilantro/Coriander



"These 10 herbs are easy to grow in pots or kitchen gardens and have a long history of use as both culinary and medicinal herbs," says Anne, who is a third-year student in Tai Sophia's Master of Science in Herbal Medicine program. "Most are from the *Lamiaceae* family and are rich in essential oils. All are great culinary herbs to add to a regular diet and excellent choices for the beginning herb gardener."

[View and print herb chart featuring soil type & moisture, sun, culinary uses and health benefits for each herb here.](#)

### About Anne Harvey

Anne Harvey had been fascinated for many years with the use of plants as medicine and knew of Tai Sophia's Master of Science in Herbal Medicine program. Says Anne: "When I moved to the DC Metro area a few years ago, it was an obvious choice for me to enroll. The program is expanding my knowledge of herbs and helping me learn to serve others in a clinical setting. I believe each person is on their own unique sacred path and one aspect of that sacred path is wellness. Throughout history herbs have been used to enhance health and wellness and are for me an integral part of a holistic approach." Anne sees clients in the Tai Sophia Faculty-Supervised Student Clinic and plans to graduate in 2011.



**Interested in developing a personalized plan for incorporating herbs into your daily diet and health routines?** Make an appointment for an herbal consultation at Tai Sophia's Faculty-Supervised Student Clinic by calling 410-888-9048 x6667 or visit the [Student Clinic online](#).

Interested in becoming a student of herbs? We are now enrolling for the September 2010 [Herbal Medicine master's degree program](#). Tai Sophia also is enrolling for the Spring 2011 [Herbal Studies](#) and [Medical Herbalism](#)

9-month graduate certificate programs. These two exciting new, weekend-format programs are specially designed for herbal enthusiasts and health professionals, respectively. To learn more about all of Tai Sophia's herbal programs, attend an [open house](#) on June 19 or July 22 or call 410-888-9048 ext. 6647.



## Explore Your Passion, Enhance Your Work, or Springboard to a New Career

### Attend a Summer Open House

Come learn about all of our new [graduate certificate programs](#) and our [master's degree programs](#), meet our world-class faculty, and tour the Institute at the following events:

#### [Graduate School Open House](#)

*Saturday, June 19*

*9:30 a.m. - 12:30 p.m.*

#### [Graduate School Summer Showcase](#)

*Thursday, July 22*

*6:00 p.m. - 8:00 p.m.*

To RSVP, for more information, or to schedule a visit, please contact the Office of Graduate Admissions at 410-888-9048 ext.6647 or [admissions@tai.edu](mailto:admissions@tai.edu). [Apply Today](#).

Tai Sophia is now enrolling for:

September 2010

[Master of Acupuncture](#)

[Master of Science in Herbal Medicine](#)

January 2011

[Master of Arts in Transformative Leadership & Social Change](#)

[Master of Acupuncture](#)

[Graduate Certificate in Transformative Leadership](#)

Spring 2011 (Graduate Certificates)

[Health Coaching](#)

[Herbal Studies](#)

[Medical Herbalism](#)

[Wellness Coaching](#)

## Join Tai Sophia at Healthy Howard Day

### A Fun FREE Event for the Whole Family

Tai Sophia Institute is proud to sponsor the **Integrative Health & Wellness Area** at the **3rd Annual Healthy Howard Day** on **Sunday, June 6** from **10 a.m. to 3 p.m.**

Come to Centennial Park and visit the Tai Sophia tent. We'll have herbal medicine teas, lotions, and other products, raffles and gifts from The Meeting Point Bookstore, acupuncture demonstrations and free treatments, and more. Click [here](#) for schedule of events and raffles at the Tai Sophia tent.

Tai Sophia on the Healthy Howard Day Main Stage:

**10:15 a.m.** Tai Sophia CEO Frank Vitale will help kick off the event during the Opening Ceremony

**2:30 p.m.** Qi Gong demonstration featuring Tai Sophia's Chan Zhang



Healthy Howard Day is a **FREE** fun event for the entire family. The event features health & wellness screenings, the active kids zone, workplace wellness area, and new this year - healthy food tastings and concessions. For directions and more event details, visit the [Healthy Howard Day Web site](#).

## Ready to Redefine Your Health, Your Life?

Space Still Available for June 5-6 Workshop

### This Weekend Redefining Health

A Signature Program

*Saturday, June 5, 2010*

*9:00 a.m. - 5:00 p.m.*

*Sunday, June 6, 2010*

*9:30 a.m. - 4:30 p.m.*

Join Tai Sophia co-founders [Dianne Connelly](#) and [Bob Duggan](#) for **Redefining Health** on June 5-6. Based on ancient wisdom and anchored in the modern world, **Redefining Health** will empower you with more than 20 practical skills you can use immediately to redefine upset, fear, relationships, and ultimately your health and your life.

Fee: \$165

CEUs: 12

Nursing Contact Hours: 12.5

Instructors: [Dianne M. Connelly, Ph.D., M.Ac. \(UK\)](#) and [Bob Duggan, M.Ac. \(UK\), M.A.](#)

Register Now



[Read more about Redefining Health](#) and the powerful impact it has on its participants.

**Redefining Health** is offered just three times each year and class size is limited. [Register online now](#). For more information, call Community Programs at 410-888-9048 ext. 6611.

## New Exhibit at the Himmelfarb

"**People Worth Knowing**," a collection of photographic portraits by Columbia, Maryland, artist Stanley L. Rodbell, opens Friday, June 4 at Tai Sophia's Himmelfarb Gallery. The show features environmental images of people from around the globe. Rodbell, who has been taking photographs for over 50 years and has visited all seven continents, presents his subjects in their daily surroundings in order to help us better understand people of different cultures.

### "People Worth Knowing"

Photographic Portraits by Stanley L. Rodbell

June 4 - August 28, 2010

Monday-Thursday: 8:00 a.m. - 7:00 p.m.

Friday: 8:00 a.m. - 5:00 p.m.

Saturday: 8:00 a.m. - 4:00 p.m.

Artworks from the show will be on sale through The Meeting Point Bookstore, which is adjacent to the gallery. Visit the [Himmelfarb Gallery online](#) or call 410-888-9048. View more of Rodbell's work [here](#).



[More About the Artist  
and the Artworks](#)

## What's New at The Meeting Point

Supplement Celebration Sale

Celebrate the addition of over 100 supplements now available online for your shopping convenience. The Meeting Point is offering a 25% discount on all supplements through June 30. Shop in the store or have your nutritional and herbal supplements delivered to your door. Browse our selection of quality supplements at our [online store](#).



Stay current with happenings, product highlights, special events, free product information sessions and more on our Facebook page. [Become a Fan](#) today.

## The Natural Care Clinic

Celebrating 35 Years

Celebrating 35 years of serving the community, the **Natural Care Center** offers [acupuncture](#), [Asian bodywork therapy](#), [craniosacral therapy](#), [herbal medicine consultations](#), [massage therapy](#), [nutrition counseling](#), and [process acupuncture](#).

To schedule an appointment, please call the Natural Care Center at 410-888-9048 ext. 6614. To learn more about our services and practitioners visit the [Natural Care Center](#) online or schedule a [FREE 15-minute consultation](#).

## Continuing Professional Education at Tai Sophia

Taught by subject-matter experts, the following continuing professional education classes and seminars are being offered at Tai Sophia's Laurel campus:

### [Treatment of Male and Female Infertility with Chinese Medicine](#)

*June 11-13, 2010*

**Instructor:** Marnae C. Ergil, M.A., M.S., L.Ac.

This course examines the physiology of men and women according to Chinese medicine and how pathology can develop and cause infertility. The workshop begins with simple lifestyle and dietary recommendations for couples seeking help with infertility and then focuses on the patterns and treatment of infertility in women and men. *Open only to graduates of ACAOM-accredited Chinese herbal programs.*

[Register Now](#)

### [Treating Chronic and Recalcitrant Diseases with Chinese Herbs: The Sichuan Fire-School and the Vital Concept of Supporting the Yang](#)

*October 8-10, 2010*

**Instructor:** Heiner Fruehauf, Ph.D., L.Ac.

In this clinical practice-oriented workshop, Professor Fruehauf will share two decades of clinical experience diagnosing and treating difficult diseases with Chinese herbal formulas with a focus on the treatment of chronic inflammatory diseases, auto-immune diseases, and cancer. *Open only to graduates of ACAOM-accredited Chinese herbal programs.*

[Register Now](#)

Click on course titles for complete course descriptions. [Register online](#) or for more information call 410-888-9048 ext. 6642.

## Tai Sophia Library

June Hours and New Additions

The Tai Sophia Library is pleased to present [recent additions to our collection](#) and our hours for June.

**Regular Hours:** Monday – Friday from 8:00 a.m. – 7:00 p.m.

**Special Saturday Hours:** June 12 and 19, 10:00 a.m. – 2:00 p.m.

For up-to-date information about Library hours, view the door of



the Library, visit the [Library's Web page](#), or call us at 410-888-9048 ext. 6644.



## Upcoming Events



### Medicines from the Earth Herb Symposium

*June 4 - 7, 2010*

Black Mountain, NC

[Learn more.](#)

Special Tai Sophia discount rate is \$199.



**FREE Event – Healthy Howard Day**  
*June 6, 2010 from 10:00 a.m. - 3:00 p.m.*  
Centennial Park, Ellicott City, MD  
[Learn more.](#)  
Visit the Tai Sophia tent.



### Food As Medicine - Professional Nutrition Training Program

*June 10 - 13, 2010*

Capital Hilton, Washington, DC

[Learn more.](#)

Visit the Tai Sophia table.



**Appalachian Center  
for Ethnobotanical Studies (ACES)**  
*June 26, 2010*  
*8:30 a.m. - 4:00 p.m.*  
at Tai Sophia Institute, Laurel, MD  
[Learn more.](#)  
Register [here.](#)



### Building Bridges of Integration for Traditional Chinese Medicine Transformation: Embracing True Body-Mind-Spirit Healing

*October 14 - 17, 2010*

Chantilly, VA

Learn [more.](#)

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[Natural Care Center Clinic](#) | [The Meeting Point Bookstore](#) | [Herbal Dispensary](#) | [Library](#)

Tai Sophia Institute - 7750 Montpelier Road, Laurel, MD 20723 - 410-888-9048

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