



**Tai Sophia  
Institute**

**For Immediate Release**

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**TAI SOPHIA INSTITUTE ANNOUNCES NEW CLINICAL SERVICES**

**LAUREL, MD (December 10, 2008)** – In our continued effort to respond to the growing need for high-quality wellness services, Tai Sophia Institute's clinical offerings are expanding to include **Nutritional Services**.

While many of Tai Sophia Institute's acupuncture and herbal practitioners incorporate nutrition into the work they do with clients, Tai Sophia's nutritionists are focused primarily on diet, food selection and eating habits as tools to enhance the health of the individual.

In addition to regular consultations, our nutritionists also offer one-on-one grocery store tours and cooking classes, designed to offer additional practical support for clients. In work with clients, our nutritionists apply several universal principles of healthy nutrition, including that a diet rich in plant foods is fundamental to disease prevention and that good nutrition encompasses our relationship to our food, our bodies, and the planet.

Additionally, our three main clinics, at the Tai Sophia Campus in Laurel, MD as well as in Silver Spring, MD and in Baltimore, MD will now be known as **Natural Care Centres**. All of our acupuncture and herbal services are still in tact, as is our dedication to relationship-centered care.

For more information about Tai Sophia Institute's nutritional and other clinical services, graduate degree programs, and other offerings, please visit [www.tai.edu](http://www.tai.edu). To set up an appointment, call us 410-888-9048, ext. 6614. **And, for a limited time, stop by our reception desk at the Laurel (main campus) clinic for a \$10.00 coupon towards your first nutritional consultation.**

**ABOUT TAI SOPHIA INSTITUTE**

Tai Sophia Institute, a private, nonprofit organization based in Laurel, Maryland, is a center for wellness-based education, client care, and public policy discourse. Founded in 1975 as a small healing arts clinic, the Institute has evolved into a diverse resource providing graduate academic programs, continuing education, community wellness programs, and clinical services in acupuncture and herbal

7750 Montpelier Road  
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medicine. Its 12-acre main campus also houses a bookstore, library, herb and meditation gardens. Tai Sophia is accredited by the Middle States Commission on Higher Education and offers three graduate degrees in Acupuncture, Herbal Medicine, and Applied Healing Arts. The Master of Acupuncture program was the first in the United States to be accredited by the Accreditation Commission for Acupuncture and Oriental Medicine. The Institute's faculty, staff, and students donate more than 15,000 community service hours to a variety of projects, and its practitioners provide more than 35,500 treatments and consultations yearly. The Institute empowers wellness leaders, business executives and communities to learn the art of caring for and serving one another.

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