



# MONTHLY MATTERS

May 2017

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## THE MAPLE CENTER UPDATE



### Heal Your Biochemistry, Heal Your Brain-- Individualized Nutrient Support

Dr. Stienstra gave a talk on May 10th for the ISU OLLI program at the Landsbaum Center on Heal your Biochemistry, Heal your Brain. The workshop was well attended and great information was received by attendees.



### Thank you to Wabash Valley Community Foundation

We have received a generous grant funding amount from the Wabash Valley Community Foundation for furnishings for our new classroom.

### Farewell to Carli Coughanowr

Some of the staff met to say farewell to Carli. Carli has completed her internship with the center. Her plans are to finish school, get married and move to Portland.

GOOD LUCK with your new endeavors!



“People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in, their true beauty is revealed only if there is a light from within.” — Elisabeth Kubler-Ross

# Making Healthy Choices



This fruit looks healthy, but with a closer look you may be surprised what some of it contains.

A five-digit number that starts with a **9** means the item is **organic**. (Ex: The banana is 94011 and organic)

A four-digit code beginning with a **3** or a **4** means the produce is probably **conventionally grown with the use of pesticides**.



A five-digit code that starts with an **8** means the item is **genetically modified**

**No sticker**– its anybody's guess how it was grown, so if you are purchasing from a farmer's market ask if it was grown organically or conventionally with pesticides

Meaning some may be better for you than others. Focus on the PLU stickers in order to eat clean and know more about the food you are eating.

Reference: <http://www.consumerreports.org/cro/news/2010/05/what-do-plu-codes-say-about-your-produce/index.htm>



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## Homemade Honey Lemonade with Fresh Mint

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Looking for a sugar free lemonade recipe for the summer, then try the one below

### Ingredients

- 1 cup honey, raw honey recommended
- 1 1/2 cups freshly squeezed lemon juice, seeds removed
- 2 lemons, sliced into thin rounds
- 8 cups water
- 1/2 cup loosely packed mint leaves

### Directions

Heat 1 cup of water on the stovetop over high heat until steaming. Remove from heat and add honey, stir until dissolved. Allow to chill in the refrigerator.

Add to pitcher chilled honey mixture, remaining water, fresh lemon juice, and lemon slices, stir to combine. Refrigerate until ready to serve. Add ice to individual glasses, if desired. Serve with fresh mint leaves. Enjoy!

Reference: <http://skinnyms.com/homemade-honey-lemonade-with-fresh-mint-recipe/>

# ASPARAGUS – A+ HEALTH FOOD



Asparagus is a spring vegetable that we eat the tender stalks and leaf tips of. It is a perennial plant that can last up to 10 years. The leaves are used by florists as part of beautiful bouquets. Asparagus is available year round but is in season in the United States from February until June with April being the peak harvest time. The stalks are harvested by hand which explains why it is not inexpensive.

Asparagus has many wonderful health benefits. It is extremely high in fiber and nutrient dense containing goodly amounts of vitamins A, C, E, K, and B vitamins. It is also an excellent source of folate, chromium iron, protein, copper, selenium, manganese, potassium and phosphorous.

Glutathione is found in abundance in asparagus which is a powerful antioxidant helping with brain function. It also prevents the growth of cancer cells. Saponins which also inhibit the growth of cancer are also found in asparagus. The high folate levels in asparagus contribute to the healthy development of the fetal nervous system during pregnancy and contribute to better heart health throughout life by helping to lower homocysteine levels. Lower homocysteine levels in turn contribute to higher serotonin, dopamine and melatonin which are the feel good hormones helping to combat depression.

The high levels of vitamin K in asparagus help with the absorption of calcium helping to prevent osteoporosis. Asparagus has a high water and fiber content helping with bowel regularity. The high fiber helps with regulating blood sugar levels. It is also a natural diuretic due to the amino acid asparagine which is present in high levels.

Eating asparagus is a wonderful way to incorporate all of these health benefits into your diet. Granted it doesn't have the most pleasant order when it is being cooked but that can be overlooked when you bite into a mouthful of steamed or grilled asparagus. I find the best way to maintain its nutrients is to wrap it in foil with no added oil or salt and bake it in the oven at 350 degrees for 30 minutes or to place it on a grill wrapped in foil and cook until tender. Serve with a squeeze of fresh lemon juice. It is also good roasted with garlic.

Sylvia Middaugh, RDN, CD  
Nutrition for Healing, P.C.

## Nutrition for Healing, P.C.

Sylvia Middaugh, MS, RDN, CD

Nutrition education and counseling  
for plant-based dietary treatment of:

Diabetes  
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Chronic Kidney Disease  
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Providing medical nutrition therapy for:

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"Leaky gut"  
Inflammatory bowel disease  
Crohn's disease

To Schedule an Appointment Contact:

Sylvia Middaugh  
(812) 229-4059  
sylvia@foodthatheals.us



## The Power of Food for Cancer Prevention and Survival

This class ran from April 28, 2017—May 19 attendance was good.

Nutritional information was provided about cancer prevention, cancer survival and food samples and recipes were given out to the attendees of the class.

Attendees were excited to learn the new information and ask questions about specific situations.

Thank you to our LEAF Leadership team for providing the instructors to teach the information.

We would like to thank the Hux Cancer Center for allowing us to provide this class at their facility free of charge.



# The Maple Center Connection

## **Integrative Medical Consultation and Medical Acupuncture**

Monday through Thursday

By Appointment

***Kathleen A. Stienstra, MD***  
**Clinical Appointments**  
**Call 812-235-4867**



## **Integrative Medical Consultation**

Wednesdays

By Appointment

***Jennifer Brooks, PA-C***  
**Clinical Appointments**  
**Call 812-235-4867**

## **Neuromuscular Re-education**

Tuesdays, Wednesdays, & Thursdays or

By Appointment

Fee: \$60.00: 1hr. Treatment

***Penny Money***

**Call 317-670-3764**

## **Healing Touch, Cranial- Sacral Therapy, & Shamanic Practices**

By Appointment

***Liz Samsell, MS, LCSW, HTP***  
**Call 812-236-8985**

**or**

***Sharon Samsell, MDiv, LMHC,  
CHTP/I***  
**Call 812-878-2034**

## **Therapeutic Massage Therapy**

**Nancy**

Fridays & Saturdays

By Appointment

***Nancy Humphries, LMBT***

**Call 812-251-9190**

## **Mental Health Counseling**

By appointment

Fee: \$60 per hour

**Jan Croft, MS, LMHC, NCC**

**Call 812-240-5804**

## **Theraplay Counseling**

By appointment

**Catherine Tucker, PhD, LMHC,  
RPT-S**

**Call 812-230-5126**

## **Music Therapy**

By Appointment

Fee: \$50.00 : 50 Minute Session

***Tracy Richardson, PhD, MT-BC***  
**Clinical Appointments**

**Call 812-249-4290**

## **Holistic Lifestyle Consultant**

By appointment

**Devaki H.Lammet, M.A,**

**Call 787-464-5651**



## **Registered Dietitian Nutritionist**

By appointment

**Sylvia Middaugh, MS, RDN,  
CD**

**Call 812-229-4059**

## Contact Us

Give us a call for more information about our services or go to our website:  
[www.themaplecenter.org](http://www.themaplecenter.org)

**Newsletter article submission due by the 22nd of each month for the following month.**

**Email article to: [dferguson@themaplecenter.org](mailto:dferguson@themaplecenter.org)**



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The Maple Center is a Non-profit integrative health center, started in 2004, that offers classes and workshops in mind, body, and spirit approaches to optimal wellness. We offer workshops in preventive strategies to maintain health, and unique programs for those challenged by cancer and chronic illness. The center offers professionals trained in acupuncture, health coaching, integrative medicine, neuromuscular integration, nutritional counseling, therapeutic massage, and therapeutic touch.

For more information on our programs, workshops, or professional services contact us at (812) 234-8733 or visit our website: [themaplecenter.org](http://themaplecenter.org)

*“Optimizing individual health thru community education and clinical services.”*



### Dr. John Black Memorial Library

How do I find the book from  
The Maple Center library collection online?  
Go to [www.themaplecenter.org](http://www.themaplecenter.org) and

Click on the link available on the home page for the John Black Memorial Library’s page or click on Community Resources or copy and paste the following link, you will be taken to the collection directly:

<https://books.google.com/books?hl=en&uid=4611478877290630623>

When you get there, you will have the option of searching within The Maple Center’s collection, or the entire world of Google Books.

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### Monthly Vegetarian Dinner

Bring a vegetarian dish

and recipe to share,

Contact Debbie Stevens at

[debbiestevens53@gmail.com](mailto:debbiestevens53@gmail.com)

Check us out at:  
[www.themaplecenter.org](http://www.themaplecenter.org)