



# MONTHLY MATTERS

THE MAPLE CENTER FOR INTEGRATIVE HEALTH

October 2016

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## THE MAPLE CENTER UPDATE

Our current LEAF class is moving along nicely, this is their sixth week of class.

We had our Fall Applied Nutrition Workshop on Sunday, Oct. 16, 2016 from 3 PM to 6 PM at the Clabber Girl Teaching Kitchen.

The workshop included two hours of educational demos followed by an hour of eating DELICIOUS food! The event was open to the public .

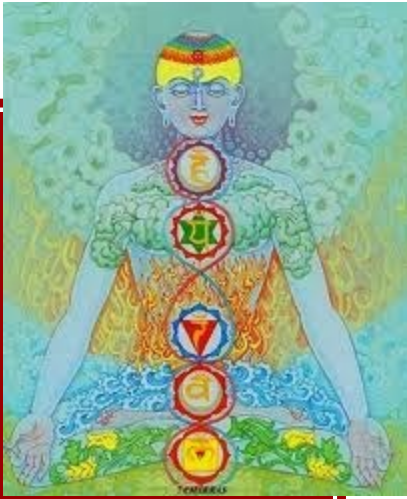
There were at least 8 complete recipe demonstrated, some examples of the food was Vegetable lasagna, Apple pie cake, Breaded seitan tenderloins.

We have a **Yoga class is starting on Saturday, October 29 at 10am on the lower level of the Hux Cancer Center.** Get you yoga mat out and join Jan Croft for a great Saturday morning stretch.



# What is Shamanic Practice?

By Sharon Samsell



**To experience  
Shamanic  
Work, call for  
an appoint-  
ment,**

**Sharon  
Samsell  
812-878-2034  
or**

**Liz Samsell  
812-236-8985**

Shamanic practice is a way of combining spiritual discipline with light and energy healing. Shamanism is the most ancient spiritual healing practice known to humankind. Indigenous people around the world have always had a Shaman (medicine man or woman) to whom people would go for healing. These ancient practices are being revitalized today and are now recognized as having valuable application to modern illness.

Shamanic practice integrates ancient healing practices of the indigenous people of the world with modern practices of light and energy healing. The practice of shamanism is a method, not a religion. It coexists with established religions in many cultures. It is not a belief system but is based on personal experience and meditative journeys conducted to heal and get information. Shamanism is more of a way of life, respecting nature, the spiritual and the physical as being connected. Shamanism has always known that body, mind and spirit are connected. It teaches that there is a web of life that connects all of life and the spiritual world.

A basic feature of shamanism is that of journeying to other worlds. The practitioner often uses a drum or rattle to help induce a meditative state in which one “journeys” or prays to find spiritual guidance. The repetitive drumming or rattling is called “sonic driving.” Journeying helps the Shamanic practitioner discover their own hidden spiritual resources so they can transform their lives and those who they help. Often in journeys one encounters helping spirits, compassionate spirits, angels and saints who offer their guidance and healing help on behalf of all life on earth.

When you go to a Shamanic practitioner for healing, you can expect them to spend time listening to you, your stories, and your sense of health as well as illness. You may be asked to lie down on a massage table and be instructed to simply relax while the practitioner journeys to get information about what will help you heal. During this time the practitioner may drum or rattle, or play a tape or CD of drumming or rattling. This is a simple repetitive beat (sonic driving) which aids the practitioner to meditate and “journey” to get information on your behalf. The practitioner may then be guided to do healing that involves working with the energy field around your body. This may include light appropriate touching, rattling or drumming around your body, or energetically removing blockages to your energy field. Once the Shamanic practitioner finishes journeying, this will be shared with you. Together you will discuss what this means to you and how your healing may continue after the session. Sometimes you might be given homework which the practitioner was told to assign to you through the journey. Shamanic healing is not something you need to keep returning to again and again. It may take one to three sessions to accomplish what you need. Usually there is not a need to come back weekly for on-going treatments. Shamanic practice seeks to work with traditional medicine to facilitate the healing of mind, body, and spirit. It does not promise to cure, but will aid in attaining healing and wholeness. It is considered part of integrative medicine.



Healing Beyond Bor-

Presents

# HTI Healing Touch Certificate Program

## *Nurturing Energy Therapy*

*for Health Care Professionals and Persons Committed to  
Healing  
Level 1*

**Schedule: Saturday, Nov 5: 9 am - 6 pm  
Sunday, Nov 6: 9 am - 6 pm**

**Location: United Campus Ministries  
321 N 7<sup>th</sup> Street Terre Haute IN**

**Tuition Amount: \$300.00 (includes \$15 workbook)  
Full time student with ID - \$200**

**Purpose:** The purpose of this Level 1 Workshop is to enable the learners to be able to practice Healing Touch techniques and self care from a holistic approach in their development as Healing Touch practitioners

### **Class Information**

**Requirement for class completion and CE Credit: Participate in entire class, and supervision. Completion of Evaluation**

### **You will be Learning**

- Energy system concepts related to health
- Basic energy principles and assessment of the energy system – energy field and energy centers and functions
- Meditation for centering and maintaining energetic flow
- Principles and practice of Healing Touch for personal and professional use
- Multiple specific energy healing techniques
- Principles of self-healing
- Personal development as a healer
- Legal and professional aspects of touch therapies, Ethical Conduct and Standards of practice, and integrity in Healing Touch.

**For more information or to register go to  
[www.themaplecenter.org](http://www.themaplecenter.org)**

# Focus on Cranberries

The holidays are just around the corner and one of the fresh, whole foods available in season that is often showcased at Thanksgiving and Christmas is cranberries. Cranberry season generally lasts from October into December. Cranberries grow on a creeping evergreen shrub in acidic sandy bogs all across the cooler parts of Europe, the Northern United States and Canada. The fruit is a small, round, red colored berry with small seeds inside. The berry is very tart in taste and boasts a pH between 2.3-2.5.

There are many health benefits to be had from eating cranberries. Consuming these berries can help protect against cancer, aging and neurological diseases, inflammation, diabetes, and bacterial infections. Cranberries counteract plaque formation in blood vessels protecting against heart disease. Drinking cranberry juice or taking cranberry tablets can protect against gram-negative E. coli which cause bacterial infections in the urinary tract by inhibiting bacterial-attachment to the bladder and urethral mucosa. Cranberries can also prevent plaque formation on the enamel of teeth by interfering with another gram-negative bacterium, *Streptococcus mutans* which stick to the tooth surface. They can also be beneficial in inhibiting the formation of alkaline stones inside the urinary tract.

The down side of cranberries; they are *high in oxalates* so if those are a problem for you, staying away from cranberries is a good idea.



Here is a recipe for cranberry relish that contains all whole foods.

## Cranberry Relish

### Ingredients

- 1 package whole cranberries
- 1 orange
- 1 apple
- 2 Tbsp honey

### Instructions

Cut the orange and apple in wedges leaving the peel and skin on.  
Run everything through a meat grinder or food processor until finely diced. Add the honey.  
Serve.

Information  
provided by

**Sylvia  
Middaugh,  
RDN, CD**

***Nutrition for  
Healing, P.C.***

**Contact Sylvia  
at  
812-229-4059  
or  
[foodt-  
hathealsus@g  
mail.com](mailto:foodt-hathealsus@gmail.com)**



## Stuffed Acorn Squash

*Makes 2–4 side dish servings*



- 1 acorn squash
- 1 T maple syrup
- 1/8 C pecans or walnuts, chopped
- 1/8 C dried cranberries
- Pinch of salt

Cut squash in half and remove seeds and stringy pulp from middle. Place cut side up in slow cooker. Combine remaining ingredients and spoon into center of each half. Cook for 5–6 hours on low or until squash is tender.

Adapted from: <http://www.52kitchenadventures.com/2011/03/14/slow-cooker-monday-stuffed-acorn-squash/>



## Roasted Tomato Soup

### Ingredients

6 ripe Roma Tomatoes, halved  
1 Onion, cut into large chunks  
1 Russet Potato, cut into small cubes  
1 stalk of Celery, cut into medium dice  
1 large Carrot, cut into medium dice  
1-1/2 cup Marinara Sauce  
1 cup Vegetable Broth  
Basil, or other dried herbs, to taste  
Homemade croutons

### Instructions

1. Preheat oven to 375 degrees.
2. On a sheet pan, place the potatoes, onions, carrots, celery and tomatoes spritz with olive oil.
3. Season
4. Roast until veggies are fork tender. Allow to cool slightly before proceeding.
5. Remove all of the veggies from the sheet pan to a food processor or high speed blender. Process to a puree.
6. Add the marinara and enough veggie broth to the blender to thin.
7. Pour back into a saucepan to reheat.
8. Serve with your favorite homemade croutons.

Adapted from: <http://theveglife.com/roasted-tomato-soup/>



## Topics on which to Chew: Digesting your Food, Mood, Words, and Energy

At Landsbaum from 1:30 - 3:00 pm, Cost: No charge and no OLLI membership needed

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The Maple Center for Integrative Health



### November 9, 2016 - The Power of Words – an Introduction to Mantras

Presented by Devaki Lammet

Whether used in meditation, or for singing devotional songs or for many occasions in everyday life , Mantras help to calm your mind and are an easy way to uplift yourself! In this workshop you will learn to recite and sing simple mantras in call and response and together to create positive vibrations within and around us! Devaki H. Lammet holds a master's degree in psychology from the University of Cologne, is an Ayurvedic lifestyle consultant, and is an internationally certified yoga teacher (E-RYT 500+) since 2000. She lived 5 years in retreat centers (Ashrams) in the US & Germany and wrote her thesis on "The psychological experience of the recitation of a personal Sanskrit Mantra and its impacts on everyday life."

### December 14, 2016 - What's Eating You?: a look at how energy around and in you affects your overall health.

Presented by Sharon Samsell, LMHC, CHTP/I Liz Samsell, LCSW

This presentation will introduce you to the body's energy field and how its digestive system works. Basic self-care will be taught to aid your system to keep your energy flowing.

Sharon and Liz are mental health professionals offering a variety of integrative modalities including Healing Touch, Craniosacral therapy, and Shamanic Healing. Together they have over 35 years of experience in the healing arts.



# 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**

## **Functional Health & Professional Acupuncture**

Tuesday & Thursday

By Appointment

***Kristen C. Walton, DC, CAC***  
**Clinical Appointments**  
**Call 812-235-4867**

## **Integrative Medical Consultation**

Wednesday & Friday

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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programs “like” us on  
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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)**