



THE MAPLE CENTER FOR INTEGRATIVE HEALTH

MONTHLY MATTERS MONTHLY MATTERS

January 2017

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You're invited to our Annual Dinner Meeting....

Mardi Gras Madness



On Skinny
Tuesday,
February 21, 2017
6:30pm - 8:30pm

We will be at the
First Financial Conference
Center
4353 S 7th St
Terre Haute, IN

Prepay your Reservation by February 17, 2017

\$30 per person

for a Healthy New Orleans Menu

Beads, Games, & Celebration

Mail Payment to : 1801 N 6th St, Ste 600 Terre Haute, IN 47804

or go to www.themaplecenter.org and pay via PayPal



HEALTHY DIET TIPS

As the New Year starts many individuals make a resolution to lose weight and get in better shape. These are great goals, but individuals should look at healthy ways to make these changes to obtain a healthy weight, with a diet that is also healthy. Here are some tips.

- Eat clean and whole foods—avoid foods with preservatives, additives, hormones, antibiotics and chemicals. Choose fresh, seasonal, natural, or organic
- The diet should be plant strong— intake 8-10 servings of fruits and veggies
- Fiber daily intake consumed should be 20 - 35 grams
- Eat whole grains or stone-ground
- Increase Omega - 3 fatty acids—good sources are walnuts, soybeans, flaxseeds
- Moderate Fat - Limit saturated fats, avoid dairy and trans-fatty acids
- Moderate Sugar - consume natural sugars in small amounts and fresh fruits
- Moderate Salt - read labels (low sodium contains less than 5% of daily value), use herbs for seasoning, use 1 tsp or less of salt per day
- Eat foods low on glycemic index - combine protein, carbs, and fat each time you eat. Avoid processed foods and choose whole foods
- Eat Smart— eat on a regular basis, watch portion size, eat mindfully (distinguish between hunger and cravings)

And as important as the rest:

- Find support - find individuals that support you on your journey. Family, friends or healthy diet communities that meet on a regular basis

As you eat healthier you will find your energy levels rise, pain decrease, and your health improve.

Reference: <https://integrativemedicine.arizona.edu/resources.html>

DIET AND MENTAL HEALTH

We all feel fed up or sad sometimes in our lives, but some individuals find struggles with their mental health on a daily basis. Some individuals choose to move to a healthier diet to help with this struggle. All of the tips that were given on the previous page, healthy diet tips, may help and individuals should also include the points listed below.

- Avoid caffeine
- Reduce alcohol intake

Consult with your primary care Physician about your levels listed below:

- Magnesium Level - it has been suggested by some studies that low magnesium can trigger anxiety and/ or depressive symptoms. Choose healthy foods such as dark leafy greens, avocados, black beans, cocoa (dark chocolate), pumpkin seeds, almonds, cashews and other nuts.
- Vitamin B12 Level - low levels can increase brain inflammation and higher rates of depression
- Vitamin D Level - foods such as Portobello mushrooms exposed to sunlight, Shiitake and Button mushrooms, Tofu, and Soy foods are high in vitamin D
- Iron level – too little has been linked to depression
- Zinc level - low levels can cause depression because this nutrient helps to control the way the body responds to stress

There are many studies showing that mental health, the food we eat , and absorption of nutrients and vitamins are linked. If you are an individual struggling with your mental health consult your primary care physician and look to a mental health counselor along with making diet changes.

Reference: <https://integrativemedicine.arizona.edu/resources.html> and webmd.com



Easy Oat Waffles with Strawberry Spread

Several times I have heard individuals say “I am tired of eating the same breakfast all the time.” Try this easy waffle recipe, that can be made a head of time, for something different.

Waffle Mix

1-1/2 cups rolled oats
1/2 teaspoon salt

1/3 cup raw cashews
2 cups of water (or 1 cup water & 1 cup of non dairy milk)

Blend all ingredients together in a blender until smooth. Cook in a waffle iron for 10-12 minutes. Waffles can be made ahead and stored in the freezer and then reheated in a toaster oven for a quick breakfast. Optional ingredients can be added such as 1 tablespoon of flaxseed meal, pinch of cinnamon or 1 teaspoon of vanilla extract.

Strawberry Spread

1 cup of strawberries

1 cup of ripe bananas

Blend ingredients together in a blender until smooth. Over medium heat cook until it boils, then simmer to desired thickness. Cool and serve

*You could add a small amount of pure maple syrup or agave for sweetness. You may also want to add slices of strawberries and bananas to the top of the waffles.



Pineapple, Avocado and Bean Salsa

Are you having company over and need a quick snack? Are you tired of the same old Salsa?

Try this colorful salsa from Little Broken.com

Prep time: 10 mins Total time: 10 mins

Salsa

Ingredients

1 can (15 oz) black beans, drained and rinsed
1-1/2 cups of diced pineapple
1 avocado, diced
3 Tbsp finely chopped red onion
1 jalapeno, stemmed, seeded, and minced
1/3 cup fresh chopped cilantro
1 Tbsp lime juice
Pinch of salt
Tortilla chips

In a medium bowl, combine all ingredients **except** tortilla chips. Serve the salsa with the tortilla chips.

Reference: <http://www.littlebroken.com/2015/07/08/pineapple-avocado-and-bean-salsa/>

2017 Kickstart Your Health Class

Thank you to the following groups for making this class possible.



Wabash Valley
LEAF
Leadership Team



LEAF Alumni Volunteers

*Larry P. Fleschner
Memorial Foundation*



FOOD FOR LIFE
Kickstart Your Health

*Wabash
Activity
CENTER*



The first night of the Kickstart Your Health Class kicked off on Thursday, January 26 at the Wabash Activity Center. This class is five weeks long and focuses on healthy weight management. Everyone was very excited to start their year off with a new commitment to a healthier lifestyle. Welcome to everyone!!!

The night started with introductions and the reason each individual was participating in the group. Next, presentations were given by the volunteers of the Wabash Valley LEAF Leadership Team on the Power of Your Plate. This was followed by three cooking demonstrations on how healthy food can be quickly and easily fixed. The night finished up with questions and answers in a supportive group setting.

The group will continue each Thursday to work towards their new goals and are invited to join the monthly LEAF Alumni meetings to stay on track after the five week class is completed.



Healing Beyond Borders

Presents

HTI Healing Touch Certificate Program

Nurturing Energy Therapy

*for Health Care Professionals and Persons Committed to
Healing*

Level 1

**Schedule: Saturday, March 4: 8:30 am - 6 pm
Sunday, March 5: 8:30 am - 6 pm**

**Location: United Campus Ministries
321 N 7th 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

Requirement for class completion and CE Credit: Attendance at the entire class with supervision, practice with instructor feedback, and completion of evaluation

You will be Learning

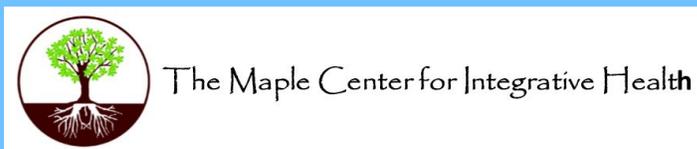
- Energy system concepts related to health
- Basic energy principles and assessment of the energy system – energy field and energy centers and functions
- Meditation for centering and maintaining energetic flow
- Principles and practice of Healing Touch for personal and professional use
- Multiple specific 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**

OLLI Series at Landsbaum from 1:30 - 3:00 pm

Cost: No charge and no OLLI membership needed

Sponsored by:



January 11, 2017 - Integral Transformative Practice presented by Margaret Moga, PhD, faculty member, Indiana University School of Medicine – Terre Haute

Integral Transformative Practice (ITP) is cross-training for the body, mind, heart and soul. It's designed for all people, particularly those with busy lives. Through deliberate daily practice, you transform yourself – and our world – for the better. Drawn from ancient wisdom and developed by human potential pioneers George Leonard and Michael Murphy, it's a proven method that since 1992 has helped create positive change in people all over the world.

In this introduction, Margaret Moga will discuss the components of ITP, including affirmations, kata and meditative practice, aerobic exercise and strength training, conscious eating, service and connection to community, with examples and a short practice session of kata movements. Students will be provided with an ITP practice guide to support their own mind-body-heart soul practice. Suggested book reading: *The Life We are Given* by George Leonard and Michael Murphy.

February 8, 2017—The importance of a Happy Healthy Gut

There has been a change to this program. It will be held at Regional Hospital and presented by Dr. Sharma

March 8, 2017— Aging Gracefully: Steps to promote continued mobility, function, and independence throughout a lifetime presented by Dr. Jennifer Benton

Dr. Jenny Benton DC will discuss tips you can follow to help you enjoy a healthy and pain-free life.

Dr. Benton is a licensed Chiropractic Physician with a background of a B.S. in Human Biology and Chemistry with additional study in the areas of diet, enzyme nutrition, and other forms of natural medicine. Jennifer received her Chiropractic training Logan College of Chiropractic near Saint Louis, MO. In addition to the Doctor of Chiropractic degree, she has advanced training in several chiropractic techniques, physiotherapy and rehab, pediatrics, conditions of TMJ disorder and scoliosis, soft tissue release techniques, nutrition and is a certified Internal Health Specialist. She currently practices at Anderson Chiropractic .

April 12, 2017—Ayurveda - Wisdom of Life presented by Devaki Lammet

Ayurveda, literally “science of life”, is a holistic medical system from India, that draws back on more than 5.000 years of experience. It is the sister science of yoga and offers a unique body-mind-spirit approach, based on the five elements earth, water, fire, air and ether, which form the three doshas Vata, Pitta and Kapha.

Learn about the physical, emotional and mental characteristics of each dosha and how they are affected by diet, herbs and a particular lifestyle to help prevent disease and increase an overall well-being.

Devaki is an ayurvedic lifestyle consultant, and an experienced international yoga teacher since 2000. She lived 5 years in retreat centers (US and Germany) and was 5 years staff in a yoga center, where yoga and ayurveda were part of her lifestyle. In 2015 she got certified as an ayurvedic lifestyle consultant in Puerto Rico and is a professional member of NAMA, the National Ayurvedic Medical Association.

May 10, 2017 Heal Your Biochemistry, Heal Your Brain-- Individualized Nutrient Support presented by Dr. Kathleen Stienstra

A summary of Dr Willam Walsh and Dr Carl Pfeiffer's research about helping depression, anxiety, ADD, behavior disorders, schizophrenia, and even Alzheimer's.

Dr Kathleen Stienstra, local integrative medical doctor has attended 2 physician training workshops by the Walsh Research Institute. She has found their approaches to be excitingly helpful for many of her patients who are facing mental health challenges.

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

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

“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 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.

Sponsored by:



Monthly Vegan/Vegetarian

Dinner

Bring a vegan/ vegetarian dish

and recipe to share,

Contact Debbie Stevens at

debbiestevens53@gmail.com