



THE MAPLE CENTER

MONTHLY MATTERS

THE MAPLE CENTER FOR INTEGRATIVE HEALTH

March 2016

In This Issue

- Healing Practices Workshop
- LEAF Class
- May Diabetes Class
- Dr. John Black Library Usage
- White Bean & Cabbage Stew
- Spring OLLI Series

Join us for The Maple Center's 2016 Spring Workshop

Healing Practices for Self-Care

A half day of hands-on experiences to help meet the stresses and challenges of life.

Saturday, April 16, 2016 from 9:00am – 2:00pm
Unitarian Universalist Congregation Building, 1825 S. Fruitridge Avenue, Terre Haute

Cost: \$10 per person, lunch is included.
Registration is required by April 8th,
sign up online at www.themaplecenter.org or stop by the office.
(Sliding Scale Scholarships available)

AGENDA

- 9:00 - 9:10 Welcome
9:10 - 9:30 am **Yoga** - Janice Croft, M.S., LMHC, NCC
9:30 - 10 am **Expressing Your Wellness - Art Therapy** - Kathy Gotshall
ATR-BC, LCSW
10 - 10:20 am **Reflexology** - Nancy Humphries, LMBT
10:20 - 10:35 am **Snack Break**
10:35 - 10:55 am **Simple Massage**—Penny Money, NMT
10:55 - 11:15 am **Acupressure and the importance of Magnesium** - Dr.
Kristen Walton, DC, CAc
11:15 - 12:00 pm **Mindful Eating Exercises** – Jean Kristeller, PhD
12 - 12:15 **Break**
12:15 pm - 1:00 pm **Wisdom Circle Evoking the Wisdom of the Group** –
Dr. Kathy Stienstra, MD
1:00 - 1:30 **Lunch and workshop evaluation**
1:30 pm - 1:45 pm **Closing Circle and reflection**

We hope to see you on April 16th!



Wabash Valley LEAF/CHIP Chats

LEAF 6 Class is underway!

The first night of class was on March 8 at Rose Hulman Institute of Technology. We are pleased with the class size of 42. It is always exciting to see the new faces at the first night of class. You know they are wondering....is it really as easy to follow this path as we are telling them it is.

The Pomeroy Wellness program donated bags for this class to carry their books in. The LEAF 6 class is part of the Pomeroy Wellness Program, which is a partnership between Saint Mary-of-the-Woods College, The Maple Center for Integrative Health and several other community organizations. Pomeroy Wellness is a grant of the Terre Haute Chamber of Commerce's Better Health Wabash Valley Initiative and is made possible through the support of Anthem Blue Cross and Blue Shield Foundation.

A big **THANK YOU** to the Rose Hulman Institute of Technology for allowing us to have LEAF 6 at their facility.

A GREAT big THANK YOU to our LEAF Leadership Team for organizing all the many aspects of this class, rising early to assist with the health screens and staying late to provide class instruction.

To all the individuals in the class, Good Luck as you journey down a new path in your life.

NUTRITION AND COOKING CLASSES

Based on the award-winning Food for Life Program

THE POWER OF FOOD FOR DIABETES PREVENTION AND TREATMENT

Join Food for Life Educational Alliance Program Partner The Maple Center and educators, Kathleen Stienstra, MD and Julie Fine, PhD, FNP, in exploring how a diet rich in vegetables, fruits, grains, and legumes can enhance your health and support your wellness goals.

Thursdays from 6:30- 8:30 pm

Cost: \$70 for the 4-class series Individuals meeting the Federal Poverty Guidelines will be able to take this class at no charge. Thanks to private donations, additional Sliding Scale Scholarships are available.

Class Topics

Thursday, May 12, 2016 - Introduction to How Foods Fight Diabetes

Thursday, May 19, 2016 - The Power of Your Plate and Grocery Cart

Thursday, May 26, 2016 - Understanding Type 2 Diabetes

Thursday, June 2, 2016 - Designing a Diet for Maximum Weight Control

To register, call The Maple Center at (812) 234-8733 or go to www.themaplecenter.org

Location: Maryvale Apartments, 3461 St Marys Rd, West Terre Haute, IN 47885



This initiative is presented by the Pomeroy Wellness Program – a partnership between Saint Mary-of-the-Woods College, The Maple Center for Integrative Health and several other community organizations. Pomeroy Wellness is a grant of the Terre Haute Chamber of Commerce's Better Health Wabash Valley Initiative and is made possible through the support of Anthem Blue Cross and Blue Shield Foundation. For more information visit www.smw.edu/wellness

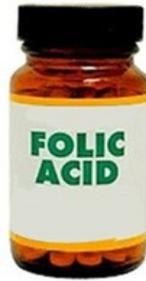


FOOD FOR LIFE
Diabetes Initiative

The Food for Life program is a direct service nutrition education program of the Physicians Committee for Responsible Medicine. PCRM is a 501(c)3 nonprofit that promotes preventive medicine, conducts clinical research, and encourages higher standards for ethics and effectiveness in research.



vs.



Vitamin B9

Vitamin B9, also called folate or folic acid, is one of the essential B vitamins. B vitamins help the body convert food into energy and are needed for a healthy liver, and healthy skin, hair, and eyes. They also help the nervous system function properly. Folic acid is the synthetic form of B9, found in supplements and fortified foods, while folate occurs naturally in foods. Folate is crucial for proper brain function and plays an important role in mental and emotional health. It aids in the production of DNA and RNA, the body's genetic material, and is especially important when cells and tissues are growing rapidly, such as in infancy, adolescence, and pregnancy. Folate also works closely with vitamin B12 to help make red blood cells and helps iron to work properly in the body. Vitamin B9 works with vitamins B6 and B12 and other nutrients to control blood levels of the amino acid homocysteine. High levels of homocysteine are associated with heart disease.

Alcoholism, inflammatory bowel disease, and celiac disease can cause folate deficiency. Also, certain medications may lower levels of folate in the body. Folate deficiency can cause poor growth, tongue inflammation, gingivitis, appetite loss, shortness of breath, diarrhea, irritability, forgetfulness, and mental sluggishness.

Pregnant women need more folate to lower the risk of neural tube birth defects, including cleft palate, spina bifida, and brain damage. Neural tube defects are birth defects caused by abnormal development of the neural tube a structure that eventually gives rise to the brain and spinal cord. Folic acid has been added to many processed food products in the U.S. since 1998 and neural tube defects have decreased by ~25% during this time. Current recommendations of the American Congress of Obstetricians and Gynecologists states that all pregnant women and all women who may become pregnant should take a daily vitamin supplement that contains folic acid.

But new research suggests that a one-size-fits-all folic acid plan is not the best for everyone.

We are all used to hearing the words folic acid and folate used interchangeably, but since folic acid is actually a synthetic version of B9, it is structurally different from the natural folate that your body needs every day. Natural folate is found in beans, greens, citrus and

other foods like peppers. Folic acid is man made, has a very long shelf life and the body absorbs almost all of it, even at high doses. These qualities of folic acid were previously thought to be helpful but the new scientific understanding is that folic acid can cause some people more harm than good.

Natural B vitamins are water-soluble, meaning the body does not store them so extra folates are easily and quickly excreted. Unused folic acid on the other hand, has been shown to linger in blood and has been implicated in cancers and immune problems. Other research suggests that unused folic acid actually blocks useable folates from getting into cells! The body biochemically processes folic acid differently from natural folates so depending on different genetic and epigenetic factors- some people have more trouble with B9 processing than others. These B9 processing challenges can lead to many health problems like high homocysteine levels and associated heart disease, extreme fatigue, light-headedness, forgetfulness, miscarriages, and longstanding gastrointestinal issues like **irritable bowel syndrome**. Clinicians also notice autoimmune diseases, chronic depression, and anxiety improve when folate-processing issues are addressed.

For those with MTHFR genetic mutations and others who suspect they have B9 processing challenges- it is recommended not to consume synthetic folic acid and to eat plenty of folates found in beans and greens. There are also supplementation choices: Folates found in whole-food based supplements can help someone who is struggling to reach their folate intake goals with diet alone. Some people may also require supplementation with the active form of B9, L-5-methyltetrahydrofolate. This active form can be of great benefit to people who are active folate deficient; however, not all people are in need of this nutrient and in those people this supplement can cause anxiety and other undesired effects. We recommend consulting with a knowledgeable practitioner about genetic and epigenetic testing that can help determine your specific B9 needs.

Even if you don't suspect a folate processing issue, it is wise to monitor your family's consumption of folate and folic acid. You want to make sure to get enough folate each day and to never consume too much folic acid. If you eat a diet rich in green vegetables and fruits of many colors, you are likely getting enough folate. If you rely heavily on processed grains and dairy, then you must watch the daily upper limits of folic acid according to age. It is very easy to overdose on fortified folic acid if you eat a standard American diet and take synthetic supplements.

Folic acid fortified processed food products include most bread, flour, cornmeal, rice, pasta, and other grain products. Some breakfast cereals have been fortified with the entire daily recommended intake of B9 for an adult in just one serving. Most all over the counter supplements, including children's brands like Flintstones, contain synthetic folic acid.

This table shows the recommended daily consumption of folate and the upper limit levels of folic acid as well.

Daily Folate Requirement		
Age	RDA*	Upper Limit
Infants 1-3 years	150 µg	300 µg
Children 4-8 years	200 µg	400 µg
Children 9-13 years	300 µg	600 µg
Teens 14-18 years	400 µg	800 µg
Adults 19 +	400 µg	1,000 µg
Pregnant teens	600 µg	800 µg
Breastfeeding teens	500 µg	800 µg
Pregnant adults	600 µg	1,000 µg
Breastfeeding adults	500 µg	1,000 µg
*RDA= average daily nutrient intake level sufficient to meet the nutrient requirement of 98% of healthy individuals		

Upper limits are the highest daily intake level likely to not cause toxicity or other negative effects. The **upper limit only applies to synthetic B9s like folic acid, not to natural folates** so eat as many beans, greens and citrus and you want.

This chart shows some natural folate sources; other foods high in folates include avocados, peppers and citrus fruits. One cup of lentils, one cup of broccoli, and one cup of orange juice provides enough folate for an average pregnant woman's entire day. If you do not regularly eat beans, greens, and citrus fruits- you want to consider a whole-food supplement that contains folate to reach the recommended dietary intake every day.

Food	Micrograms
Lentils, ½ cup cooked	180
Spinach, ½ cup cooked	132
Black beans, ½ cup cooked	128
Sunflower seeds, 1½ ounces	101
Turnip greens, ½ cup cooked	85
Broccoli, ½ cup cooked	84
Orange juice, 1 cup fresh	74
Peanuts, 1½ ounces	62

Examples of processed food products fortified with folic acid:

1 cup fortified cereal 528 mcg

1 cup fortified coconut milk 24 mcg

1 fortified bagel 87 mcg

2 cup mac and cheese 160 mcg

1 fortified granola bar 80 mcg

1 cup fortified rice 125 mcg

Multivitamin kids: 200 mcg

Adult: 400 mcg

Prenatal: 800 mcg

Please pay attention to the folic acid daily upper limit for you and your children. $\frac{3}{4}$ cup of certain cereals contain the upper limit of folic acid for every toddler for an entire day! Adults can easily go over their daily upper limit as well: Cereal for breakfast, bagel for a snack, mac & cheese for lunch, a granola bar in the afternoon, and rice for dinner surpasses every adult's upper limit for folic acid for the day. Most multivitamins contain folic acid as well, so a folic acid supplement can easily put someone over their daily upper limit.

Everyone should watch folic acid upper limits but this is especially important for children since their upper limits can be surpassed so easily and for those of us who suspect genetic or epigenetic issues with B9 processing- those with high homocystine levels, recurrent miscarriages, and other issues we mentioned.

We hope you have a better idea now of the difference between natural folate and synthetic folic acid. We encourage you to get enough natural folate in your diet every day and to try to avoid processed fortified food items. If you suspect you have a genetic or epigenetic issue with B9 processing, please get tested. That information can lead to a more personalized diet and supplementation plan for optimal health.

For more information go to:

<http://www.mthfrsupport.com.au/faqs/>

mthfr.net

<https://chriskresser.com/folate-vs-folic-acid/>

References:

• Asthma folic acid: <https://www.adelaide.edu.au/adelaidean/issues/37002/news37086.html>

• Folic acid breast cancer: <http://www.medicalnewstoday.com/articles/271601.php>

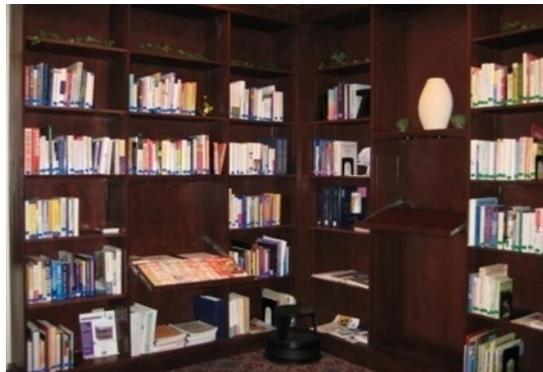
Come in and browse the Library



The online Dr. John Black Memorial Library link can be found on the home page of our website or you may go to <https://books.google.com/books?hl=en&uid=4611478877290630623>

This library is located in The Maple Center Nonprofit offices and is dedicated to the memory of John Black, MD, an exemplary integrative family physician, physician educator, and medical acupuncturist. Dr. Black, who was one of the founding board members of The Maple Center and a faculty member with the Union Hospital Family Medicine Residency, donated his personal library of integrative medicine and acupuncture resources as the seeds to grow a resource library for the community and health professionals. The library is sponsored by The Black Family Memorial Library fund and Union Hospital

You may browse through the books in the library during any of the hours it is open. Hours : Monday-Thursday 8:30am-5 pm the library is closed from Noon-1pm (unless prior arrangements are made)



The books in the library cover topics such as integrative health, acupuncture, traditional Chinese medicine, parenting and women's health. Some books can also be found online via The Maple Center website or you may go to books.google.com/books?hl=en&uid=4611478877290630623

You may also donate books to the library on these topics for other to enjoy.

Happy Reading!

Irish White Bean and Cabbage Stew



INGREDIENTS:

- 1 large onion, chopped
- 3 ribs celery, chopped
- 2 to 3 cloves garlic, minced
- ½ head cabbage, chopped
- 4 carrots, sliced
- 1 to 1-½ pounds potatoes, cut in large dice
- ⅓ cup pearly barley (optional or substitute with gluten-free grain)
- 1 bay leaf
- 1 teaspoon thyme
- ½ teaspoon caraway seeds
- ½ teaspoon rosemary, crushed
- ½ teaspoon freshly ground black pepper
- 6-8 cups vegetable broth or low-sodium vegetable broth
- 3 cups cooked great northern beans (2 cans, drained)
- 1 14 ½-ounce can diced tomatoes
- 1 tablespoon chopped parsley
- salt to taste

Instructions:

Crock Pot: Place the vegetables, seasonings, and barley into a large (at least 5 quart) slow cooker. Add enough vegetable broth to just cover the vegetables (start with 6 cups and add more as needed). Cover and cook on low heat for 7 hours. Add beans, tomatoes, parsley, and salt to taste. Check seasonings and add more herbs if necessary. Cover and cook for another hour.

Stovetop: Place vegetables, seasonings, barley, and broth into a large stockpot. Cover and simmer until vegetables are tender, about 45 minutes. Add remaining ingredients, check seasonings, and add more herbs if necessary. Simmer uncovered for at least 15 minutes before serving.

Reference: http://www.forksoverknives.com/recipes/irish-white-bean-and-cabbage-stew/?mc_cid=1d83173c45&mc_eid=da8e611386



Chronic Health

Challenges:

**“Do I really have to
live with this?”**



At Landsbaum Center from 1:30 - 3:00 pm

Cost: No Charge

**April 13, 2016– Understanding and Coping with Anxiety by Jan Croft, MS, LMHC, NCC
& Jean Kristeller, PhD**

Anxiety is one of the most commonly occurring challenges people face. Statistics demonstrate that anxiety disorders are increasing in frequency in the United States. This course will examine some of the causes and types of anxiety, its symptoms, and how it is diagnosed, as well as some of the common treatments. You will be introduced to the practice of mind-body techniques that have been proven effective in reducing anxiety. These include a variety of meditations, guided imagery, deep breathing, and gentle yoga. Comfortable clothes are recommended.

**May 11, 2016- Fibromyalgia: Symptoms, Causes & Options for Optimal Health by
Kristen Waldon, DC, Cac**

Dr. Walton will talk about this diagnosis of exclusion and will explore risk factors, possible causes, and treatment strategies for better health.

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

Newsletter article submission due by the 22nd of each month for the following month.
Email article to:
dferguson@themaplecenter.org

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



Music Therapy

By Appointment

Fee: \$50.00 : 50 Minute Session

Tracy Richardson, PhD, MT-BC
Clinical Appointments

Call 812-249-4290



Contact Us

Give us a call for more information about our services or go to our website:
www.themaplecenter.org



The Maple Center
for Integrative Health
1801 N. 6th St, Suite 600
Terre Haute, IN 47804

Clinical Office: (812) 235-4867
Nonprofit Office: (812) 234-8733
Website: themaplecenter.org
E-mail: info@themaplecenter.org

For updates on
programs “like” us on
Facebook!



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 Vegetarian Dinner

Bring a vegetarian dish
and recipe to share,

Contact Debbie Stevens at
debbiestevens53@gmail.com

Check us out at:
www.themaplecenter.org