

APRIL 2022



THE MAPLE CENTER

for Integrative Health



@themaplecenternonprofit Nonprofit: 812-234-8733
www.maplecenter.org



April 7th is

World Health Day



*"It is health that is real
wealth and not pieces of
gold and silver."*



- Mahatma Gandhi

World Health Day

Thursday, April 7th, 2022

In the midst of a pandemic, a polluted planet, and increasing diseases like cancer, asthma, heart disease, the World Health Organization will focus global attention on urgent actions needed to keep humans and the planet healthy and to foster a movement to create societies focused on well-being.

Fast Facts on Climate and Health:

1. Climate change is the single biggest health threat to humanity. Health is being harmed by air pollution, disease, extreme weather events, forced displacement, food insecurity, and pressures on mental health. Every year, around 13 million people lose their lives to environmental factors.
2. Over 90% of people breathe unhealthy levels of air pollution, largely resulting from burning fossil fuels driving climate change.
3. Transportation produces over 20% of global carbon emissions. Walking and cycling are not only green but offer major health benefits such as reducing the risk of many chronic health conditions and improving mental health.
4. Health systems are the main line of defense for populations faced with emerging health threats. To protect health and health inequalities, countries must build climate-resilient health systems.
5. Healthy societies rely on well-functioning ecosystems to provide clean air, fresh water, medicines and food security. These help to limit disease and stabilize the climate. Biodiversity loss is happening at an unprecedented rate, impacting human health worldwide and increasing the risk of emerging infectious diseases.

THE TRUTH ABOUT INFLAMMATION

Inflammation is part of the body's natural healing system and helps fight injury and infection. But, an inflammatory response can also occur when the immune system acts without an injury or infection to fight, which can begin to destroy healthy body parts. The body may trigger inflammation when you don't eat health, don't exercise enough, or have too much stress. Inflammation left unchecked can contribute to chronic diseases such as heart disease, blood vessel disease, diabetes, obesity, cancer, Alzheimer's disease and more.

The most common way to measure inflammation is through a blood test for C-reactive protein. Other ways include measuring homo cysteine and blood sugar levels.

6 HELPFUL TIPS TO REDUCE INFLAMMATION

1. Load up on anti-inflammatory

foods. Food choices are just as important as medications and supplements. Eat more fruits, veggies, and foods containing omega-3 fatty acids. Check out this list for more ideas!

2. Cut back or eliminate

inflammatory foods. Inflammatory foods include red meat and anything with trans fat; margarine, corn oil, deep fried foods, processed foods.

3. Control blood sugar. Limit or avoid simple carbs; white flour, white rice, refined sugar, and anything with high fructose corn syrup. Build meals around lean proteins and whole foods high in fiber.

4. Make time to exercise. Make time for 30-45 minutes of aerobic exercise and 10-25 minutes of weight or resistance training at least 4 times per week.

5. Lose weight. People who are overweight have more inflammation. Losing weight may decrease inflammation.

6. Manage stress. Chronic stress contributes to inflammation. Meditation, yoga, biofeedback, and guided imagery are some methods to manage stress.

Foods that FIGHT Inflammation

Broccoli	Cranberries	Oregano	Mulberries
Spinach	Pineapple	Parsley	Cocoa
Cauliflower	Cantaloupe	Rosemary	Hazelnuts
Cabbage	Brown rice	Thyme	Avocado Oil
Green Turnip	Barley	Basil	Anchovies
Green beans	Turmeric	Cloves	Mackerel
Sweet potatoes	Cinnamon	Onions	Herring
Tomatoes	Ginger	Kale	Rainbow Trout
Asparagus	Walnuts	Mint	Salmon (wild)
Mushrooms	Almonds	Flaxseed Oil	Sardines
Kelp	Cocoa	Ground Flaxseed	Cod
Brussels-	Legumes	Hemp Seeds	Oysters
sprouts	Soybeans	Coconut Oil	Tuna
Olives	Lentils	EV Olive Oil	Red Beets
Papaya	Chicken	Sesame Seeds	Radish
Blueberries	Eggs	Almond Butter	Buckwheat
Acai	Bok Choy	Macadamia	Cayenne-
Avocados	Chard	Tea (White,	Pepper
Apples	Collards	Green, Oolong)	Chives
Guavas	Leeks	Black Currants	Cilantro
Strawberries	Bell Peppers	Guavas	Bee Pollen
Grapes	Fennel Bulb	Rhubarb	Garlic
Pumpkin	Cherries	Kiwi	Lemons
Watermelon	Raspberries	Kumquats	Limes
Peaches	Pumpkin	Zucchini	Horseradish
Plums	Jicama	Sprouted Seeds	Squash
Figs	Yam	Peas (fresh)	Seaweed
Lettuce	Wild Game	Cucumber	Quail
Red Cabbage	Rutabaga	Cumin Seeds	Quinoa

*Foods should be GMO-free, fresh, organic or locally grown.
Meats should be pastured, organic and not factory farmed.

facebook.com/OasisAdvancedWellness



NUTRITION'S ROLE IN COVID-19

An article review from the Physician's Committee for Responsible Medicine

Those who followed plant-based diets had a 73% lower chance of moderate to severe COVID-19 illness.

Good nutrition plays an important role in your immune system's health and treating conditions that can make COVID-19 more severe and deadly, such as obesity, heart disease, and type 2 diabetes. Eating a plant-based diet can lower body weight, blood pressure, blood sugar, and cholesterol. A plant based diet is also associated with lower risk of severe COVID-19. According to the Physician's Committee, a study of nearly 600,000 participants found that those with dietary habits highest in plant-based foods were associated with a 41% lower risk of severe COVID-19 and a 9% reduction of COVID-19 infection of any severity.

A plant-based diet is linked to improved immunity.

This could be because vegetarians have been shown to have more-effective white blood cells, presumably due to the high intake of vitamins and lower intake of fat. Studies have also shown that limiting dietary fat helps strengthen immune defenses and oil may impair white blood cell function. Maintaining a healthy weight can also benefit the immune system and plant-based diets have shown to be effective for weight loss.

Studies have shown that fruits and vegetables provide important nutrients to the body.

Beta-Carotene: helps reduce inflammation and boost immune function by increasing disease-fighting cells in the body.

Excellent sources: sweet potatoes, carrots, and leafy greens

Vitamins C and E: help support the body's natural immune response.

Excellent sources of Vitamin C: red peppers, oranges, strawberries, broccoli, mangoes, lemons. Excellent sources of Vitamin E: nuts, seeds, spinach, broccoli

Vitamin D: may reduce the risk of viral infections by reducing production of proinflammatory compounds in the body.

Excellent sources: fortified cereals, plant-based milks, and supplements

Zinc: helps boost white blood cells, which defend invaders.

Excellent sources: pumpkin seeds, sesame seeds, beans, and lentils.



Plant-Based Recipes:

Little Gem Salad with Vegan Ranch Dressing



Ingredients

Salad:

- Little Gem Lettuce- 3-4 heads, leaves separated, washed (or sub 2 romaine hearts, torn)
- 1 cup cucumber, thinly sliced
- 1/2 cup radishes, thinly sliced (watermelon radish is nice here)
- 1 avocado, cut into chunks
- 1 cup sunflower sprouts (or microgreens)
- 1/4 cup pickled red onions, or pickled shallots (or sub thinly sliced red onion)
- 1/4 cup pumpkin seeds (or sunflower seeds)
- 1 tablespoon tarragon leaves, optional

Vegan Ranch Dressing:

- 1 package *silken tofu* (12.3 ounces) firm
- 2 tablespoons water
- 2 tablespoons *olive oil* (or sub with water — or use 1 T water and 1 T oil– for lower calories)
- 2 fat garlic cloves (or 2 teaspoons *granulated garlic*)
- 1 rounded teaspoon onion powder (or a couple slices white onion)
- 1 teaspoon *salt*
- 1 ½ tablespoons apple cider or *sherry vinegar*
- 1 tablespoon *nutritional yeast* (optional)
- 1–2 tablespoons fresh dill, oregano, tarragon, Italian parsley or cilantro or a blend (or use 1 teaspoon dry oregano)
- 1 teaspoon crushed *peppercorns* (or stir these in at the end)

Instructions

1. Make Dressing - Place ingredients in a blender and add a little water or olive oil to get the blender going. Scrape down sides as necessary. Blend until creamy and smooth!
2. Separate little gem lettuce leaves. Tear any extra-large ones in half, leave any smaller ones whole. Wash and pat dry or let air dry.
3. Place lettuce in a big bowl and add the remaining ingredients.
4. Right before serving toss with a little cold dressing- a little at a time- **you will not need all**. Just enough to coat each leaf generously.

Notes

- Store dressing in a jar in the fridge for 7-10 days.

Sourced from: <https://www.feastingathome.com/vegan-ranch-dressing/> and <https://www.feastingathome.com/little-gem-salad/>

Fresh Fruit Salad



Ingredients

- 1 cantaloupe, peeled and diced
- 2 mangoes, peeled and diced
- 2 cups red grapes, sliced in half
- 5-6 kiwis, peeled and diced
- 16 ounces strawberries, cut into slices
- 1 pineapple, peeled and cut into bite-sized pieces
- 1 cup blueberries

Honey Lime Dressing

- 1/2 teaspoon lime zest
- 3 tablespoons lime juice
- 1 tablespoon honey

Instructions

1. Combine all the prepared fruit in a large glass bowl.
2. Combine lime zest, lime juice and honey in a small bowl or soured cup. Mix well
3. Pour the honey lime dressing over the fruit and gently stir to combine. Serve and enjoy!

Notes

- *This fruit salad will last in the fridge for 3 to 5 days when stored in an airtight container.*
- *Sub in whatever fruits you have on hand.*
- *When possible, choose fruits that are local and in season for the best flavor.*

Sourced from: <https://cleananddelicious.com/easy-fruit-salad/>

Vegan Oatmeal Raisin Cookies



(Oil-Free & Refined-Sugar-Free)

Ingredients

- 1 cup whole wheat flour (see note in post for Gluten-Free option)
- 1 cup rolled oats
- 1 tbsp cinnamon
- 1 tbsp milled flaxseed
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt (optional)
- 1/2 cup unsweetened apple sauce
- 1/2 cup maple syrup
- 2 tbsp almond butter
- 1 tsp vanilla extract
- 1/2 cup raisins (optional)

Notes

- *These cookies have a soft and chewy texture.*
- *You can store in the freezer for up to 3 months.*
- *If using store-bought almond butter, be sure to check the ingredients. Some add salt or sugar, which could affect the flavor of the cookies.*
- *If using salted almond butter, reduce or omit the added salt in this recipe.*
- *Feel free to swap out the raisins with walnuts, pecans, dried cranberries, dried cherries, chocolate chips, or whatever you like!*

Instructions

1. Preheat the oven to 350° F or 175°C.
2. Add all of the dry ingredients to a bowl and whisk to combine.
3. Add the wet ingredients to the dry ingredients and mix to combine.
4. Fold the raisins into the batter until evenly distributed.
5. Using a cookie/ice cream scoop or two spoons, drop 2 to 3 tablespoons of the batter onto a lined baking sheet in rows. You should have about 12 cookies. Be sure to leave a little space between the cookies (they will spread, but not as much as cookies made with butter).
6. Place the baking sheet in the oven and bake for 15 to 17 minutes, or until the cookies are lightly browned.
7. Remove the baking sheet from the oven, place the cookies on a cooling rack or plate and let cool for 5 minutes. Serve and enjoy right away or store in an airtight container at room temperature or in the refrigerator for up to 5 days.

Sourced from: <https://nosweatvegan.com/vegan-oatmeal-raisin-cookies-healthy-easy-oil-free/>



MEDITATION TUESDAY

Group led by Meditation Professionals

Instructed by Devaki H. Lammet

Topic: Meditation with sacred, healing sound vibrations: mantras

Mantra, or mantram, literally means to protect or liberate the mind. Mantras are short syllables, words, or sentences, which have been used for meditation since time immemorial.

Join Devaki to learn about mantras, their use in meditation and experience their relaxing, calming and healing effect on body and mind.

Please bring a pen and paper with you.

Devaki is a Continued Education Provider with Yoga Alliance (YACEP), and a Holistic Wellness Coach. She holds an M.A. in psychology from Cologne, Germany, is a certified ayurvedic health counselor, and a LMT. She lived many years in ashrams (US, Germany). Meditation and Mantras are part of her daily spiritual practice. She has been sharing her love for yoga, meditation and ayurveda in Yoga Teacher Training Courses both in the US and Germany. She wrote her master thesis on "The psychological impacts of mantras in everyday life" and is looking forward to share her love for Mantras and Holistic Wellness with YOU! She is the founder of Ananda Wellness Terre Haute and Peacefuloceanview, Rincon, in Puerto Rico.



The Maple Center, Inc Nonprofit 501(c)3
1801 N 6th St, Ste 600
Terre Haute, IN 47804
(812) 234-8733
www.themaplecenter.org

Join The Maple Center for Meditation Tuesday, a monthly meditation group!

Group Meeting:
Tuesday, April 5th, 2021

Time:
7:15 - 8:15 PM

Location: Fleschner Memorial Classroom Suite #400

FREE and open to the public!



GENTLE YOGA



with Allison Wood at The Maple Center

Gentle Yoga is a gentler form of traditional yoga that goes at a slower pace, focusing on breathing and stretching rather than strength and flexibility.

Tuesdays at 4:00 PM

\$5 per session

January 25, 2022 - April 12, 2022

in the Fleschner Memorial

Classroom, Suite #400

Please sign up prior to each class at www.maplecenter.org



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Harry P. Fleschner
Memorial Foundation



**OLLI PRESENTATIONS:
HOW CAN ACUPUNCTURE
AND CHINESE MEDICINE
WORK FOR YOU?**

With Dr. Chris Leininger



Dr. Leininger will speak about how Acupuncture and Chinese medicine work and what conditions they can treat. Time will be allowed for participants to ask additional questions.

WEDNESDAY, APRIL 13TH AT 1:30 PM
***NO CHARGE**

Dr. Leininger holds both a Bachelor's Degree in Nutrition and a Master's Degree in Acupuncture and Oriental Medicine, graduating with honors from the Midwest College of Acupuncture and Oriental Medicine. He went on to complete his Doctorate with the Pacific College of Oriental Medicine and is now a Doctor of Acupuncture and Chinese Medicine (DACM).

He is Nationally Board Certified in both Acupuncture and Asian Bodywork Therapy with the NCCAOM. In addition, Dr. Leininger is a Certified Medical Qigong and Acupressure Practitioner with the AOBTA, and a Level III Certified Qigong Instructor and Clinical Practitioner with the National Qigong Association.

At the Landsbaum Center for Health Education Auditorium.

**1433 N 6 1/2th Street
Terre Haute, IN 47807**



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A decorative border of green leaves and vines frames the entire text. The leaves are bright green and appear to be from a climbing plant, possibly ivy or a similar species. The border is consistent on all four sides of the page.

You're Invited!

Monthly Veggie Potluck

at

Unitarian Universalist Church

We are finally resuming our convivial
veggie gatherings!

Our next veggie potluck will be

Saturday, April 16 at 6 PM

We meet at the First Unitarian
Congregation of Terre Haute:
1875 S. Fruitridge Avenue
Terre Haute, IN 47803

*Please bring a primarily vegan dish to share. A
suggested donation of \$5.00 per adult to help
with church rental will be collected.*

Mind-Body Skills Workshop

With Suzanne Kunkle, Ph.D., H.S.P.P.



The workshop is \$10 and registration is required.
Class size is limited.
Register at www.maplecenter.org

April 23rd:
9:00 AM-5:00 PM with
45 min lunch break

April 24th:
1:00 PM-4:00 PM

Join Suzanne for an experiential investigation of the integral relationship between mind, body, and wellness.

You will learn and practice the following mind-body modalities:

- Movement, exercise, and breathing
- Biofeedback and autogenic training
- Meditation
- Guided imagery
- Yoga, Tai Chi or Qi Gong
- Mindful and healthy eating as a component of self-awareness
- Relaxation

Located at The Maple Center for Integrative Health Nonprofit in the Fleschner Memorial Classroom, Suite #400



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Harry P. Fleschner
Memorial Foundation



Chair Yoga

Thursdays at 10am

Classes are offered in the Maple Center's Fleschner Memorial Classroom Classroom and are streamed live online via our Facebook page.



@themaplecenternonprofit

The class instructor will be Devaki, an international experienced yoga teacher (E-RYT 500+) since 2000.



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1801 North 6th Street, Suite 600
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This class is offered free of charge thanks to our generous sponsor:



FREE!

MONDAYS 3-5:15PM

No Sign up or Registration Required
Walk - In Clinic



AURICULAR ACUPUNCTURE

A licensed Acudetox Specialist will utilize NADA's Acudetox protocol

Sponsored by:



located at
The Maple Center for Integrative Health Nonprofit
1801 N. 6th St. - Suite 100



Recovery Yoga

at

Next Step Foundation

619 Washington Ave
Terre Haute, IN 47802

Mondays @ 10:30 am

Thursdays @ 4:00 pm

Fridays @ 9:30 am

No Charge - No Registration

Recovery Yoga works with traditional treatment programs to address the physical, mental and spiritual dis-ease of addiction.

Whether you are recovering from an addiction to drugs, smoking, food, gambling, or any other type of addiction,

Recovery Yoga is a powerful tool.



Your instructor will be Lindsey Skelton. She has been practicing yoga since 2008. She is a certified RYT 200 Yoga Teacher and certified Y12SR Leader with training in Restorative, Hatha, Yin, Vinyasa, Ashtanga, and Sivananda yoga.

Sponsored By:



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.

HOW CAN YOU HELP



Funds raised help support our programming costs and give scholarships to those less fortunate to attend programs that change their lives.

- Make a tax deductible, **monetary donation** by mailing a check to the center, going to our website and donating or scheduling a monthly donation payment with us.
- Go to **AmazonSmile** to purchase your amazon products. Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to The Maple Center Inc whenever you shop on AmazonSmile.
- Register your **Kroger Plus Card** online at www.krogercommunityrewards.com, using our organization's name. We receive a percentage of your purchases every time you swipe your card at the checkout counter.
- **Volunteer** your time or donate supplies
- You can also help by "**Liking**" our **Facebook page** and by spreading the word about our programs!

We appreciate your support!



Partnering Private Practices

**Integrative Medical
Consultation and
Medical Acupuncture**

**Monday through
Thursday
By Appointment**

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

**Therapeutic Massage
Therapy**

**Monday through
Friday
By Appointment**

**Nancy Humphries,
LMBT
Call 812-251-9190**

**Neuromuscular
Re-education**

**Tuesdays ,
Wednesdays, &
Thursdays or
By Appointment**

**Fee: \$60.00: 1hr.
Treatment**

**Penny Money
Call 317-670-3764**

**Mental Health
Counseling**

**By appointment
Fee: \$60 per hour**

**Jan Croft, MS, LMHC,
NCC
Call 812-240-5804**

**Registered Dietitian
Nutritionist**

By appointment

**Sylvia Middaugh,
MS, RDN, CD
Call 812-229-4059**

**Holistic Lifestyle
Consultant**

By appointment

**Devaki H.Lammet,
M.A,
Call 787-464-5651**



www.maplecenter.org