

MONTHLY MATTERS



THE MAPLE CENTER FOR INTEGRATIVE HEALTH

August 2015

Eating Healthy is an Investment

Evidence based research has proven that a healthy lifestyle including dietary choices is able to reverse AND prevent at least 80 percent of the common medical problems that are taken for granted as part of "getting old". What we eat can make a huge difference in helping us to have healthy hearts, normal blood pressure, good blood sugar levels, little or no joint and muscle pain, more energy, a good outlook on life and so much more!

Please take a look at the average costs for heart issues, diabetes, and cancer strongly related to unhealthy eating and lack of exercise.

Heart Issues

Emergency Room Heart Attack Visit **\$20,000 - \$50,000**

Stents **\$11,000-\$41,000**

Bypass surgery approximately **\$70,000-\$200,000**

Heart Medication **\$105 - \$200 per month**

Diabetes

Medical spending for people with diabetes

\$124,600 (\$211,400 if not discounted) Lifetime amount

Cancer

Breast cancer: **\$23,078**

Colorectal cancer **\$51,327** annually

Lung Cancer: **\$60,533** annually

Price for a new cancer drug is over **\$100,000 per year**

CHOOSE WHAT YOU CHEW.....

One great way to make dietary changes in your life, with support, is taking our LEAF class. The class offers a wealth of information, offers support during your journey, great samples of healthy foods, and recipes to make on your own. The cost of our class is \$249 and there are no hidden fees. **Class starts Sept. 24 and registration is going on now.**



Food Samples from 2015 LEAF Classes

"I feel wonderful! I've lost 20 lbs. My test results are all great. My energy is back and I'm more active and rarely sore. I have no more stomach issues. I go to bed happy and feeling more comfortable so I get a better night's sleep. LEAF is one of the best decisions I've ever made in my life."

- Debbie

Participant of the
LEAF Class

In This Issue

- Cooking without Oil or Butter
- Upcoming LEAF Class
- Healing Touch Research Study
- Fall OLLI Series



Wabash Valley LEAF



Cooking WITHOUT Oil or Butter, Oh My!

This would have been the statement my grandmother would have made if you had told her that you could cook without butter or oil. Today we realize that it is not only possible, but healthier for us to cook without these products. As stated in the article, Expert Tips on How to Cook Without Oil by Darshana Thacker, “Oil is purely fat (with all other nutrients stripped away) and contains more calories per gram than any other food.”

For those individuals that have never tried to cook without these ingredients and feel intimidated here are some tips.

- **Use nonstick, glass or silicone pots, pans, and bakeware. Use parchment paper, if needed.**
- **Play the substitution game with recipes.**

When Sautéing:

Add small amounts of water or broth to the pan instead

When baking:

Oil replacements—bananas, apples/applesauce, soaked dried fruit, raisins, dates, and tofu

Butter replacements—avocados, Greek yogurt, prune or pumpkin

Another oil substitute is lemon juice which is great for salad dressings. Steaming is also a great alternative method of cooking food.

There are several articles on this topic, but this is a great starting point for alternatives.

Happy Cooking!

References: Expert Tips on How to Cook Without Oil by Darshana Thacker http://www.forksoverknives.com/plant-based-cooking-how-to-cook-without-oil/?mc_cid=5f5284c389&mc_eid=da8e611386

Want to...



**Reach your Ideal body weight?
Prevent chronic disease?
Have more energy?
Have less pain?
Sleep better?
Be less depressed?**

Then turn over a new LEAF



**Enroll in our 8 Week Wabash Valley LEAF
(Lifestyle Education And Food) Program**

Class Information:

Thursdays from 6:30 PM to 8:45 PM September 24 - November 12, 2015

LOCATION: Northside Community United Methodist Church

COST: \$249 per individual or \$473 for two people registering together

Limited scholarship assistance available

FREE INFORMATION SESSIONS - All Sessions 7 PM to 8:30 PM

Monday, August 24, 2015 Providence Place: All Place , 219 Providence Place, WTH
Thursday, August 27, 2015 Northside Community UMC, 1075 N Fruitridge Ave., TH
Thursday, Sept. 10, 2015 Union Hospital EAST: Atrium Classroom
Monday, Sept. 14, 2015 First Financial Conference Center, 4353 S 7th St., TH



For more information contact:

The Maple Center for Integrative Health

812-234-8733 or

Visit our website at www.themaplecenter.org or



Sponsored by:





Breastfeeding Works

Last Chance to Submit a Vote

For the 6th Year – Recognize an “Employer that supported your efforts to return to work while breastfeeding”!

The Breastfeeding Coalition of the Wabash Valley wants to recognize an employer who supported breastfeeding in the work place during the 2014-2015 year.

In August 2015 during National Breastfeeding Month-- the **Breastfeeding Coalition of the Wabash Valley** will be honoring the best supporting employer that **YOU** (the breastfeeding family) feel supported breastfeeding

during their return to work & continued to breastfeed while at work.

Your voice is important to help continue the support that breastfeeding mother’s need from their employers in the work place.

Please take time to fill in the information below. This will help the Coalition recognize and build community employer’s support of mothers that breastfeed while working.

Business/Workplace & Phone Number: _____

Share your story why you think this employer deserves

recognition regarding your Breastfeeding experience:

_____ (continue on separate sheet if needed)

Your Printed Name & Phone: _____

Your Signature: _____

Your contact number, if desired: _____

Dates YOU breastfed while working: _____

Submit this between now through end of August 2015.

Mail to: The Maple Center
Breastfeeding Coalition of the Wabash Valley
1801 North Sixth Street, Suite 600 Terre Haute, IN 47804

OR email to: dferguson@themaplecenter.org

or you may submit online at our website www.themaplecenter.org/forms/

Community

Resources

The Breastfeeding

Coalition of the

Wabash Valley

[www.themaplecenter.org/
programs-and-workshops/](http://www.themaplecenter.org/programs-and-workshops/)

Compassionate Friends

Indiana Wabash Valley

Chapter

4th Thursday of Each

Month

6:30-8:00 PM

1875 South Fruit ridge

(Universalist Unitarian)

Information, memorial

tributes, donations, and

free e-newsletter subscrip-

tion, please contact us at:

tcfwv@googlegroups.com.

Facebook: Type

Compassionate Friends of

the Wabash Valley.

Terre Haute Birth Network

Advocacy organization to promote “normal, mother/baby-friendly birth”

For more information:

Terre Haute Birth and Beyond

Network on FACEBOOK Or

[https://sites.google.com/site/](https://sites.google.com/site/hbirthandbeyondnetwork/)

hbirthandbeyondnetwork/

Saturdays, Sept. 12 and Sept. 19

Certified Healing Touch practitioners from Walnut Hill, IL (near Centralia) and Valparaiso, IN will be on-site to give Healing Touch biofield therapy to client participants at the Maple Center on Saturdays, Sept. 12 and Sept. 19. If you would like to participate in the research study and receive a free session with one of these certified HT practitioners, phone or email Dr. Moga at 812-240-3302 or mmoga@iupui.edu

Volunteers Needed for a Research Study

“Environmental and physiological changes during Healing Touch interventions”

You are invited to participate in a research study of Healing Touch, an energy-based or biofield therapy. Healing Touch practitioners use gentle touch to clear and balance the energies of the client's body. The study is being conducted by Margaret M. Moga, PhD, Department of Anatomy & Cell Biology, Indiana University School of Medicine – Terre Haute, with IRB approval from Indiana University – Purdue University Indianapolis (IUPUI).

The purpose of this study is to determine whether an energy healing therapy, such as Healing Touch, can be measured and detected scientifically with equipment currently available in the laboratory. Questions we will address during this study: Does Healing Touch affect the physiology of the healer and/or client? Specifically, we will measure heart rate variability using small portable monitors. Can a healing session physically change the local environment, as measured with a random event generator or magnetometer?

If you agree to participate, you will be one of 150 healers and clients who will be participating in this research. Client participants will receive a free 1-hr Healing Touch session with a certified Healing Touch practitioner and a \$50 gift certificate from Meijer or Walmart. Preference will be given to client volunteers who have never experienced Healing Touch. Healer participants will be certified HT practitioners recruited from cities in the Midwest.

Clinical studies have shown that Healing Touch is helpful for the following:

- Reduction of stress
- Improving anxiety and depression
- Decreasing pain
- Enhancing recovery from surgery
- Supporting cancer care

For more information about Healing Touch, see the websites, <http://www.healingbeyondborders.org/> and <http://www.healingtouchprogram.com/> .

08-20-2015



OLLI Series

New Frontiers in Medicine: Welcome to the World of Genetics

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

Wednesday, September 9, 2015

How our genes affect food choices and how food choices and lifestyle affect our genes

Presented by: Dr. Julie Fine, RN, PhD, FNP-C, Assoc. Professor, Dept. of Advanced Practice Nursing

A short review of genetics, genomes and epigenetics (the way we turn genes on and off) with an explanation of the interaction between food and lifestyle with our genes.

Wednesday, October 14, 2015

How Genetics Affects Your Body's Ability to Handle Toxins and Medications

Presented by: Kathleen Stienstra, MD, FAAFP, DABHIM, -Board Chair for the Maple Center for Integrative Health, Integrative Medicine specialist and Medical Acupuncturist

Knowing your own detoxification genetics can guide your medication and health choices. Knowledge is power.

Wednesday, November 11, 2015

Methylation & Mood: How B Vitamins & Your Genetics can affect how you feel

Presented by: Jennifer Brooks, PA-C and Dr. Kristen Walton, DC, LAc

Have you ever wondered why leafy green foods are so important to health? Or why some people feel better while taking certain supplements, but others do not? Come learn about how genetics and environment can affect the biochemical processes in your body. Learn why more supplementation is not always better. And see just how big (or little) a serving of spinach really is!

Wednesday, December 9, 2015

The Genetics of Weight: What Can I Do?

Presented by: Jean Kristeller is Professor Emeritus in the Dept. of Psychology, Indiana State University, and Board Member of The Maple Center for Integrative Medicine. She has received multiple NIH-funded grants to study weight management and psycho-biological factors in obesity. She lectures and teaches nationally and internationally about her work on mindful eating.

Without question, we now know that body weight and likelihood of obesity is strongly affected by genetics. This is what helped people survive famine, drought, and other natural catastrophes over the ages when food was scarce. This program will review what we know about the effects of genes on weight, and what you might do to counteract these effects for yourself and your family.

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

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

Nutrition for Healing, PC

By Appointment

Sylvia Middaugh, MS, RDN, CD

sylvia@foodthatheals.us

Call (812) 229-4059

Music Therapy

By Appointment

Fee: \$50.00 : 50 Minute Session

Tracy Richardson, PhD, MT-BC

Clinical Appointments

Call 812-249-4290

Available in the Maple Center Lobby!

circle of hope
bracelets



*Symbol of life and visible connection among women involved in the fight against cancer.

*Donated more than \$1.5 million to cancer research, education, and care.

We will continue the fight against cancer.... With your support.

Contact Us

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



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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