



### Monthly Quote:

“Nurturing yourself is not selfish – it’s essential to your survival and your well-being.”

~Renee Peterson Trudeau

### Monthly Vegetarian/ Vegan Dinner

Bring a vegetarian/vegan dish and recipe to share,  
For potluck dates and more information contact  
Debbie Stevens at  
debbiestevens53@gmail.com



# The Maple Center

For Integrative Health

www.themaplecenter.org Nonprofit: 812-234-8733

E-mail: info@themaplecenter.org Clinical: 812-235-4867



THE MAPLE CENTER FOR  
INTEGRATIVE HEALTH

## April 2019

## The Power of Food for Cancer Prevention & Survival Class

The Food for Life classes offer a unique opportunity to acquire knowledge about the link between diet and cancer, experience the benefits of plant-based nutrition, and learn the practical cooking skills needed to help you on your journey to better health. Educators include Kathleen Stienstra, MD, and the LEAF team.



The four class series meets on Thursdays, from April 18-May 9, 2019 from 6:30 pm-8:30 pm in the Larry P. Fleschner Classroom, Suite 400, at The Maple Center. The cost of the series is \$70 and includes a free copy of The Cancer Survivor's Guide. Thanks to private donors, limited sliding scale scholarships are available. For more information or to register, visit [www.themaplecenter.org](http://www.themaplecenter.org).

**Deadline to register is Wednesday, April 10, 2019!**

This class series is sponsored by:



## Want an easy way to help The Maple Center?



Register your Kroger Plus Card online using our organization's name. We receive a percentage of your purchases every time you swipe your card at the checkout counter!

<https://www.kroger.com/account/enrollCommunityRewardsNow/>

*“Optimizing individual health thru community education and clinical services.”*



## CACAO BERRY BLISS BOWL

### Ingredients:

- 1/4 cup almond milk, or other vegan milk
- 1/2 banana
- 1 1/4 cup frozen mixed berries
- 1 acai packet
- 1 heaping tsp maca powder
- 1 – 2 T cacao powder (I like 1 1/2 tablespoons)
- 1/2 cup + 1/4 cup Cacao Quinoa Granola (or granola of your choice), separated
- 1/2 banana, thinly sliced
- 2-3 strawberries, thinly sliced
- 1/2 cup of blackberries, blueberries, or raspberries (or a mixture of any of the three)
- 2 tsp cacao nibs
- 1 tsp hemp hearts (shelled hemp seeds)

### Instructions:

Serves 1

- Choose the bowl that you are going to serve the acai bowl in, and place it in the freezer (optional, but this will keep the smoothie colder longer).
  - Prepare your toppings, such as the slicing the strawberries and the half banana. Set aside.
  - Combine the first 6 ingredients in your high-speed blender, and puree until smooth. You may need to scrape the sides a few times or stir it to break up clumps. This will be a thick smoothie.
- Remove the bowl from the freezer and pour 1/4 cup granola into the bottom of the bowl. Gently pour the smoothie on top of the granola (If the smoothie has started to liquify, you may want to place the blender canister in the freezer for about five minutes before pouring into the bowl). Top with the 1/2 cup of granola and sliced fruit. Sprinkle the cacao nibs and hemp seeds on top of the fruit and serve immediately. Enjoy!

Recipe and photo from: <http://keepinitkind.com/cacao-berry-bliss-bowl/>



## CHICKPEA AVOCADO MASH WITH LEMON

### Ingredients:

Serves: 2

- 15 oz. can chickpeas
- 1 ripe avocado
- Juice from 1/2 lemon (more to taste)
- Salt/pepper to taste

### Instructions:

Rinse and drain chickpeas and place in a bowl. Mash with a potato masher or fork.

Cut avocado in half and remove pit. Scoop out the avocado and place in bowl.

Mash again to combine with the chickpeas.

Add lemon juice and stir. Salt/pepper to taste.

# The Real Truth About Weight Loss Summit

You may have heard of Chef AJ, a luminary in the field of disease reversal and weight loss through nutrition. She has authored books and created numerous video programs. In the culmination of her life's work to date, she has created a video program entitled The Real Truth About Weight Loss Summit that includes interviews with 32 of the world's most renowned experts who will answer all the hard questions about weight loss and provide a surprisingly doable solution. You may even know some of the speakers already like Dr. Dean Ornish, Dr. Caldwell Esselstyn, Dr. John McDougall, Dr. Michael Greger, Dr. Neal Barnard, Dr. Joel Fuhrman, Brenda Davis, Rich Roll, Dr. Doug Lisle, Dr. Alan Goldhamer...



This free program is only offered for a limited time. To view a trailer for the program and to sign up, visit <https://therealtruthaboutweightloss.com/?ref=nusci>

Chef AJ has been devoted to a plant-based diet for almost 40 years. She is the host of the television series *Healthy Living with CHEF AJ* which airs on Foody TV. With her comedy background, she has made appearances on *The Tonight Show Starring Johnny Carson*, *The Tonight Show with Jay Leno*, *The Late Show with David Letterman* and more. A chef, culinary instructor and professional speaker, she is author of the popular book *Unprocessed: How to Achieve Vibrant Health and Your Ideal Weight*, which chronicles her journey from a junk-food vegan faced with a diagnosis of pre-cancerous polyps, to learning how to create foods that nourish and heal the body. Chef AJ holds a certificate in Plant-Based Nutrition from Cornell University and is a member of the American College of Lifestyle Medicine.

**Bring your little ones for *Tots & Teaspoons!***

***This session is being led by our friends from The Maple Center and focuses on movement through yoga poses and games.***

**Tot Time is an interactive, educational program for children ages 2-5 and their caregiver that includes story time, hands-on learning activities, and an opportunity to explore museum exhibits afterwards. Parent participation is mandatory, and a parent/ child ratio of 1:3 is required. Includes admission.**

**Tot Time is at 10 a.m. Registration is required.**



Register at <https://77411.blackbaudhosting.com/77411/Tot-Time-Tots--Teaspoons>

# Protein: The Magic (?) Macronutrient

“No one cares about your protein intake until they find out you’re vegan.”

For those of you who are on the whole-food plant-based journey, does this sound familiar? Why do we Americans care so much about protein anyway? Just what is protein?

Proteins are made up of smaller building blocks called amino acids which are joined together in chains. There are 20 different amino acids, 8 of which are essential to the human body, meaning that the body cannot make them and must get them from a food source. Some proteins are just a few amino acids long, while others are made up of several thousands of them.

Back in the 17<sup>th</sup> century when scientists began to look at things under microscopes, they discovered that “human meat” – our muscles, organs, and skin – is composed primarily from protein, so named from the Greek term Proteos meaning of prime importance by a Dutch chemist. But they leapt to an erroneous conclusion that plagues us to this day: *that because we are protein, we need to eat protein*. Hence the concept of “prime importance” began to refer to its place in our diets, rather than in our physical structures.



After World War II with the advent of more and more processed foods and an increasingly sedentary lifestyle, Americans began to gain weight and to show signs of chronic diseases such as heart disease, diabetes, high blood pressure and stroke. Then came the food wars or should we say the macronutrient wars. Prior to this time people just ate food; fruit, vegetables, grains, nuts, and meat. In trying to find the answers to what made up these foods, scientists began to break them up into their various nutrients such as fat, carbohydrate and protein. Since people were getting heavier and having more heart attacks and a correlation was found between these and high cholesterol there was a push for low-fat diets. Diabetes was on the rise with its high blood sugars so surely sugar was causing it. The only macronutrient left standing and of “prime importance” was protein so it became king. Next came the high protein diets. We are all familiar with their various strains. The Atkins diet, Paleo and now the keto diet where people did lose weight but at a price.

Enter Garth Davis, MD and his story involving protein. A bariatric surgeon from Texas, who by the age of 35 had cholesterol deposits in his eyes and could barely run a mile. Just going up a flight of stairs made his knees hurt. He thinks had never eaten any vegetables and very little fruit his whole life. Although he encouraged his patients to eat fruits and vegetables they wouldn’t either. He wrote a book on bariatric surgery and starred in a reality TV show with his father, who was also a surgeon. These health issues so young were a wake-up call for him. He started studying the best diets for longevity and in his search ran across the Blue Zones by Dan Buettner. He was intrigued that *the longest-lived people ate mostly plant-based diets*. But this wasn’t true science, only observation so he began to comb through the studies. Over a three-year period and thousands of studies later he found that the evidence pointed strongly to the best health coming from eating a whole-food plant-based diet. As a result, he began to change his own diet and as he did his cholesterol came down and he began to lose weight and feel better. Now he does triathalons with his protein coming from plants.

His book, “Proteinaholic” is an attempt to make amends, as he says, to all the patients he did not lead to the best diet and to his present patients who he is trying to explain why a diet high in animal protein has probably led them to where they are and how they can change that by eating a whole-food, plant-based diet. Following are some myths about protein that he presents and supporting arguments in favor of not eating so much animal protein.

## Protein: The Magic (?) Macronutrient continued

### Protein Myths:

1. Hunter gatherers ate mostly meat – Forensics show that they ate little meat and lots of grains, fruit, seeds and nuts mostly gathered by the women.
2. Meat is healthier from grass-fed beef and chickens - animal protein is animal protein. There may be fewer chemicals for the body to deal with.
  - a. What about the Masai and Inuit who eat mostly meat? Don't live long and have heart disease or die of infectious diseases.
  - b. Carbs lead to weight gain. – most slender people in the world eat plants.
  - c. Carbs predispose you to heart disease - animal protein contains carcinogens, creates state of inflammation in the body. Largely through saturated fat.

A diet high in carbs causes diabetes. – meat with its fat and protein causes insulin resistance.

So how much protein do we need? The World Health Organization through studies based on nitrogen balancing has found that 0.66g/kg of lean body mass is all that is needed for a body to be healthy. The US RDA is 0.8g/Kg of lean body mass. This translates to 56 grams of protein per day for men and 46 grams of protein per day for women. Most Americans eat 3-4 times that amount every day.

If you really want to understand what can happen to our bodies when we eat animal protein, I would strongly recommend reading this book. It gets a bit heavy on the science, but Dr. Davis is very engaging and very convincing. His description of his kale salad that packs a whopping 32 grams of protein is amazing.

*Based on a talk given to the LEAF alumni March 26, 2019. Sylvia Middaugh, MS, RDN, CD*

<http://www.someecards.com>

<http://whoami.sciencemuseum.org.uk/whoami/findoutmore/yourbody/whatdoyourcellsdo/whatisacellmadeof/>

[whatareproteinsmadeof](#)

Proteinaholic: How our obsession with meat is killing us and what we can do about it. Garth Davis, MD with Howard Jacobson, PhD, HarperOne, 2015

# Take Control: Stress Reduction Techniques, Part 2

Osher Lifelong Learning Institute Speaker Series held at Landsbaum Center,

1433 N 6th 1/2 St, Terre Haute, IN

from 1:30 - 3:00 pm

Cost: No charge and no OLLI membership needed

**April 10, 2019: "WHY reTHink?"** by Dr. Shikha Bhattacharyya, President of reTHink

How much trash we create? How does this trash impact our lives? Learn how making small CHANGES make a big difference!

The mission of reTHink Inc. is to provide awareness, education, tools and incentives to local food industry and general public, relating to sustainability, trash, composting, and pressing environmental issues. reTHink Inc. encourages sustainability through small changes in behavior to create a world that is well taken care of for future generations.

Presented by:



# Teaching Girl Scouts about Mindfulness

In March, Deanna Ferguson, The Maple Center executive director, and Samantha Brown, program coordinator, led a craft and discussion about mindfulness and breathing exercises for a group of Girl Scouts.

Approximately 50 Girl Scouts of various ages had the chance to design and color their own Mandala necklace on round pieces of wood as they learned about using coloring and drawing as a mindfulness technique. The girls were proud to wear their Mandala creations when they were finished. The girls also learned some deep breathing exercises and were encouraged to share the exercises with their siblings and family.

This station, supplied by The Maple Center, was part of a larger event put on by the Girl Scouts which included other wellness stations such as yoga, led by our very own Family Yoga instructor, Ellie Templeton, a first aid kit station, a pin craft, as well as a healthy snack. Many of the Girls Scouts were about to earn badges for the skills that they learned.



# Five Easy Ways to Practice Mindfulness

## Mind Full, or Mindful?



### 1. Start your day with a pause

Start your day with three long breaths. Slow down and think about each stroke as you brush your hair. Resist the urge to rush through your morning routine.

### 2. Savor your morning coffee or favorite beverage

Use your senses to enjoy your morning beverage. Enjoy small sips. Take a moment to savor the aroma.

### 3. Take a mindful walk, even if it's a short one

As you walk, pay attention to each step as each foot hits the ground and then leaves the ground. This is a great time to clear your mind and get out of your head.

### 4. Practice eating with gratitude

As you eat, take a moment to be thankful for your nourishing food and of all the people that helped make your meal possible.

### 5. Slow down before you sleep

Take a moment before getting into bed. With your feet on the ground, take 3 slow breaths, notice thoughts, and let them dissolve. Now climb into bed and get some rest.

Content from: <https://www.mindful.org/five-ways-to-practice-mindfulness-when-youre-busy/>

# Mark Your Calendars

## Upcoming Alumni Meetings

6:30 pm-8:30 pm at Union Hospital East - Conference Room- next to the Gift Shop  
Union Hospital East - Conference Room- next to the Gift Shop 6:30p-8:30p

April 23  
May 28

“Legumes and Grains, Indian Style”  
Movie Night

All are welcome to attend. Those attending are asked to bring a plant-based dish to share. Bringing your own reusable plate and silverware is encouraged as well.



## Yoga for Stress Management

Mondays| 6:00PM-7:30| April 8-May 20, 2019  
\*\*Note new earlier start time\*\*

\$70 for all 7 classes held in the  
Larry P. Fleschner Memorial Classroom  
Register at [www.themaplecenter.org](http://www.themaplecenter.org)



## Chair Yoga

Thursday| 10 AM-11 AM| April 4-May 16

This is a FREE class series!  
Drop-ins welcome.

Larry P. Fleschner Memorial Classroom

# Family Yoga

Saturdays from 10 am-11 am beginning April 13  
in the Larry P. Fleschner Memorial Classroom at  
The Maple Center 1801 N 6th Street, Terre Haute  
Cost \$5 per person or \$20 per family, scholarships available

Parents and their children are invited to join this special yoga series designed for yogis of all ages. Instructor Ellie Templeton will be leading parents and kids through basic yoga poses, breathing techniques, simple meditation and relaxation. Games, music, props and partner poses will make the class engaging for all students. No prior yoga experience needed. Mats and other equipment will be provided.

Parent participation is required. Parents may attend with multiple children.

A 1:3 parent child ratio or less is recommended.



Ellie has been practicing yoga since 2002 and became a certified yoga teacher (RYT 200) while living in Chicago in 2011. She has been fortunate to practice and teach a variety of yoga styles throughout the Midwest. Ellie is a mother of three and began leading children's yoga classes in Terre Haute in 2014. She has experience teaching "parent and me" classes as well as children's classes for preschool and elementary students.



Visit [www.themaplecenter.org](http://www.themaplecenter.org) to register  
**The Maple Center**  
**1801 N 6th Street, Suite 600**  
**Terre Haute, Indiana**





## How can you help?

*Funds raised help support our programing costs and give scholarships to those less fortune 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.

**Donate**



- 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.krogercommunityreward.com](http://www.krogercommunityreward.com), using our organization's name. We receive a percentage of your purchases every time you swipe your card at the checkout counter.



- You can also help by "Liking" our Facebook page and by spreading the word about our programs!

We appreciate your support!

# 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**

## **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**

## **Neuromuscular Re-education**

Tuesdays , Wednesdays, & Thursdays or

By Appointment

Fee: \$60.00: 1hr. Treatment

***Penny Money***

**Call 317-670-3764**

## **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**

## **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**

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.