

JULY 2022



THE MAPLE CENTER

for Integrative Health



@themaplecenternonprofit Nonprofit: 812-234-8733

www.maplecenter.org

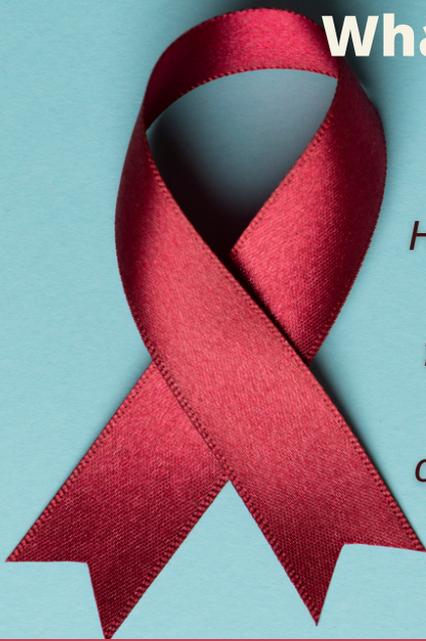


July Is

Hemochromatosis
Awareness Month

EVERY
NEW DAY
IS ANOTHER
CHANCE
TO CHANGE
YOUR
LIFE





What should you know about Hemochromatosis?

Hemochromatosis is a genetic condition in which your body absorbs too much iron from your diet. Extra iron is stored in the liver, heart, and lungs. This can lead to complications such as liver disease, heart issues, and diabetes.

Symptoms of Hemochromatosis

- Joint pain
- Abdominal pain
- Fatigue
- Weakness
- Diabetes
- Loss of sex drive
- Impotence
- Heart failure
- Liver failure
- Bronze or gray skin
- Memory fog

Ways to Manage Hemochromatosis

- Blood removal (phlebotomy)
- Avoid iron supplement and those containing iron
- Avoid vitamin C
- Avoid cooking with an iron skillet
- Avoid eating raw fish and shellfish

***If you believe you may have hemochromatosis, please consult your physician**



Plant-Based Recipes:

Sweet Corn Curry

Prep Time: 10 minutes
Cook Time: 45 minutes
Servings: 3



Ingredients

For the spice mix

- 1/4 tsp cumin seeds
- 1/4 fenugreek seeds
- 1 and 1/2 tsp coriander seeds
- 1/4 tsp paprika
- 1/4 smoked paprika
- 3/4 tsp ancho chili powder
- 1/4 tsp garam masala
- 1/4 tsp turmeric powder
- 1/8 tsp black pepper
- 1/4 tsp salt

For the sweet corn curry

- 1/2 tbsp grapeseed oil
- 1 white onion
- 2 small green chilis
- 2 cloves garlic minced
- 1/2 ginger minced
- spice mix
- 3 cups fresh sweet corn
- 2 cups chopped tomatoes
- 1 cup full fat coconut milk
- juice of 1/2 lemon
- salt to taste
- 1/4 cup cilantro
- rice for serving

Instructions

For the spice blend

1. Roast the cumin seeds, fenugreek seeds, and coriander seeds in a dry skillet over medium heat, stirring frequently, until spices are fragrant and coriander seeds are golden, about 2-3 minutes. Remove from heat.
2. Transfer seeds to a grinder, along with the other spices, and blend into a fine powder. Set aside.

For the corn curry

1. Warm oil in sauce pan, over medium-low heat. Add onion and dash of salt and cook until translucent about 5-7 minutes.
2. Add the green chili, garlic, and ginger and stir for one minute.
3. Add spice blend and stir. Cook until fragrant and then stir in corn. About 2 minutes.
4. Add tomato and 1/2 cup of the coconut milk. Bring to gentle boil, then reduce heat back down to medium-low. Cover pan. Simmer, stirring occasionally about 20 minutes.
5. Stir in lemon juice and remaining coconut milk. Cook another 2-3 minutes. Salt to taste. Garnish with cilantro.

Sourced from: <https://yupitsvegan.com/sweet-corn-curry/#wprm-recipe-container-6487>

Buffalo Cauliflower Salad



Ingredients

- 2 cups cauliflower florets
- 1 cup Frank's hot sauce
- 4-6 cups of salad greens of your choice
- 1 cup cherry tomatoes
- 1 cucumber chopped
- 1 carrot grated or sliced
- 1 cup chopped celery

Instructions

1. Preheat oven to 450 degrees. Toss cauliflower in hot sauce.
2. Bake in oven for 15 minutes, or until cauliflower is tender.
3. While cauliflower is roasting, assemble the salad ingredients.
4. Put roasted cauliflower on top of salad and serve with your favorite plant-based ranch.

Watermelon Fennel Gaspacho



Ingredients

- 1 red pepper-seeded and chopped
- 2 cups watermelon seeded and coarsely chopped
- 1 tablespoon balsamic vinegar
- 1/4 cup olive oil
- 1 and 1/2 cups chopped cucumber
- 1/4 cup chopped fennel bulb
- 2 tablespoons fennel leaves
- 1/4 cup chopped sweet onion
- salt and pepper to taste

Instructions

1. Toss all ingredients, except for salt and pepper, into a large bowl. Use immersion blender to blend ingredients, Do not over blend. The consistency should be chunky not juicy.
2. Season with salt and pepper, then chill the gazpacho for 20 minutes or until ready to serve. Garnish with extra watermelon, cucumber or fennel leaves.



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.



The Maple Center
for Integrative Health Nonprofit 501(c)3
1801 North 6th Street, Suite 600
Terre Haute, IN 47804
812-234-8733
www.maplecenter.org

This class is offered free of charge thanks to our generous sponsor:

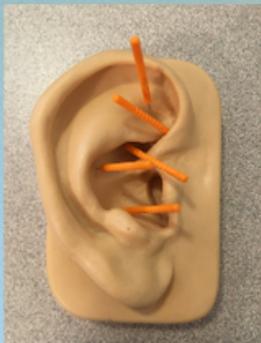


FREE!

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



MEDITATION TUESDAY

Group led by Meditation Professionals

Meditation is a holistic wellness tool to connect energetically to our bodies, beyond the physical being. There is lots of data to support the medicinal benefits of meditation, but at the end of the day, it's a connection to yourself, your breath, your heart, and your soul. Meditation is a gift we can give ourselves to just take a beat in a fast-paced lifestyle and ensure some healthy, deep breaths to regulate the nervous system.

Jessica is here to guide you today through a unique experience that will continue to develop, if you choose to continue practicing. Meditation is like a bicep curl for your brain. The best part is, there is no right or wrong way to do it because no matter what, it's always exercising and growing your mental and emotional intelligence.



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1801 N 6th St, Ste 600
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(812) 234-8733

www.themaplecenter.org

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

Group Meeting: First Tuesday of every month

Time:
5:30 PM-6:30 PM

Maple Center
Classroom Suite #100

FREE and
open to the public!



The Power of Food for Cancer Prevention & Survival

Healthy Lifestyle Can be as Powerful as Chemotherapy in preventing reoccurrence



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. Educator's include Kathleen Stienstra, MD, and the LEAF team.

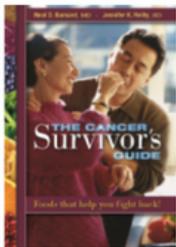
Thursdays, August 4 - August 25, 2022 from 6 – 8 p.m.

Thursday, August 4 Introduction to How Foods Fight Cancer

Thursday, August 11 Fueling Up on Low-Fat, High-Fiber Foods

Thursday, August 18 Discovering Dairy & Meat Alternatives

Thursday, August 25 Cancer-Fighting Compounds & Healthy Weight Control



Each class includes:

- 15-20 minute DVD lecture by Dr. Neal Barnard
- Live presentation with questions and answers
- Live cooking demos for 3 healthy recipes
- Food tasting for all demo recipes

Location: The Maple Center, 1801 N 6th St. Terre Haute, IN
Larry P. Fleschner Classroom, Suite 400

Register at: www.maplecenter.org - Registration **DEADLINE is Wed. July 27, 2022**

Cost: **\$50*** for the 4 class series + includes a FREE copy of

The Cancer Survivor's Guide

*Thanks to private donations, limited sliding scale scholarships are available

For more information visit our website or call 812-234-8733

Sponsored



The Maple Center
for Integrative Health



The Maple Center also offers other services both online and locally such as online plant-based nutrition classes, public speaking, and group grocery store tours. Fully licensed, certified, and insured. Go to www.maplecenter.org to see upcoming classes and events.

GENTLE YOGA



with Allison Wood at The Maple Center

This yoga class combines mindful breathing and slow, gentle movements to encourage a relaxed body and a calm mind.

Tuesdays at 5:00 PM

\$5 per session

June 28, 2022 - August 2, 2022

in the Fleschner Memorial

Classroom, Suite #400

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



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Terre Haute, IN 47304
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www.themaplecenter.org



Harry P. Fleschner
Memorial Foundation

Tai Chi

LED BY STEVE WALDEN

Steve has 25 years of experience in the medical field, 2 Master ranks in Martial Arts, and is a teacher of Yang, Sun, and Chen Tai Chi.



Wednesdays from 6-7 PM
AUGUST 3 - SEPTEMBER 7

In the Fleschner Memorial Classroom
1801 N 6th St, Suite #400
Terre Haute, IN 47804

According to the Mayo Clinic, benefits of Tai Chi may include:

- Decreased stress, anxiety, and depression
- Improved mood, flexibility, balance, agility, and aerobic capacity
- Increased energy and stamina
- Improved muscle strength and definition

Cost: \$30 for 6 Class Series with scholarships available.

**Register and pay at www.maplecenter.org
or with the QR code to the right.**



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Larry P. Fleschner
Memorial Classroom

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 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.
- 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