

MAY 2022



THE MAPLE CENTER

for Integrative Health



@themaplecenternonprofit Nonprofit: 812-234-8733

www.maplecenter.org



ALL THINGS SEEM
POSSIBLE IN

May!



"Success is not final,
failure is not fate: it is the
courage to continue that
amounts."

-Winston Churchill



May is



Mental Health
Awareness Month

WITH THE NATIONAL ALLIANCE ON
MENTAL ILLNESS

Each year millions of Americans face the reality of living with a mental illness. During May, NAMI joins the national movement to raise awareness about mental health. For 2022, the message is "Together for Mental Health." Together, we can realize our shared vision of a nation where anyone affected by mental illness can get the appropriate support and quality of care to live healthy, fulfilling lives.

The Gut + Brain Connection & Mental Health

- **Psychological, behavioral, and emotional symptoms can be triggered by an unhealthy gut.**
 - *Candida albicans* – yeast overgrowth can cause anxiety attacks, mood swings, depression, brain fog, crying spells, and depression.
 - Your main neurotransmitter responsible for feelings of well-being and satisfaction, serotonin, is produced in the gut. Without proper digestive function, the brain lacks access to important chemical signals that keep us feeling optimistic, motivated, and at ease.
- **Hormone Imbalance & Depression**
 - Symptoms of HPA axis or cortisol dysregulation can leave us feeling fatigued, depressed, and without motivation. This system is highly sensitive to things like chronic stress and a poor diet.
- **Inflammation Triggers Anxiety & Depression**
 - Sugar creates an unstable source of energy for the brain, which can alter brain chemistry and exacerbate depressive symptoms and anxiety.
 - Increased inflammatory activation of the immune system in the gut can affect the central nervous system (CNS), playing a role in depression, fatigue, and anxiety

6 Integrative and Internal Medicine Strategies to Heal the Mind:

- 1. Eat an anti-inflammatory diet.**
 - a. Consider: *Blueberries, pineapple, celery, greens, celery, spices*
- 2. Sleep well.**
 - a. Allow the body time to repair.
- 3. Don't be sedentary.**
 - a. Exercise!
- 4. Supplement accordingly.**
 - a. Consider: *Omega-3's from fish oil, Magnesium, Methylated B Vitamins, Vitamin D*
- 5. Have healthy coping strategies.**
 - a. Consider: *mindfulness journaling, meditating, controlled breathing*
- 6. Work with a Functional Integrative and Internal Medicine Provider.**



Plant-Based Recipes:

Creamy Vegan Pasta

Prep Time: 10 min

Cook Time: 20 min

Servings: 4



Ingredients

Pasta:

- 2½ cups small shell pasta
- 1 tablespoon extra-virgin olive oil
- 1 small yellow onion, chopped
- 5 cups broccoli florets, chopped stems, and leaves (keep stems separate)
- ¼ cup toasted pine nuts
- lemon wedges, for serving

Creamy Vegan Pasta Sauce:

- 1½ cups cooked white beans, drained and rinsed
- ¼ cup vegetable broth, more as needed
- 3 tablespoons fresh lemon juice
- 2 tablespoons extra-virgin olive oil
- ¼ cup nutritional yeast*
- 1 garlic clove, minced
- ¼ teaspoon onion powder
- ½ teaspoon sea salt
- freshly ground black pepper, to taste

Instructions

Make the sauce:

1. In a blender, combine the white beans, broth, lemon juice, olive oil, nutritional yeast, garlic, onion powder, salt, and pepper, and blend until smooth. Set aside.

Make the pasta:

1. Bring a large pot of salted water to a boil. Prepare the pasta according to the instructions on the package, cooking until al dente. Drain and set aside.
2. Heat 1 tablespoon of olive oil in a large skillet over medium heat. Add the onion and saute until soft, about 5 minutes.
3. Stir in the chopped broccoli stems and cook for another 3 to 5 minutes or until tender. Add the broccoli florets and leaves and a splash of water or vegetable broth. Cover and turn off the heat.
4. Allow the broccoli to steam for 2 to 3 minutes or until tender but still bright green.

Put it all together:

1. Add the pasta, then stir in ¾ of the sauce, adding more broth if the sauce is too dry.
2. Season to taste with more salt, pepper, and lemon juice, as desired, and portion into bowls. Divide the remaining sauce onto each bowl. Top with the pine nuts and serve with lemon wedges on the side.

Sourced from: <https://www.loveandlemons.com/vegan-pasta/>

Roasted Red Pepper Hummus (Oil-Free)



Instructions

1. Add all the ingredients into a food processor or a wide container Vitamix and blend until puréed and super creamy, scraping down the sides as necessary. The longer you blend, the creamier it will be. It only took about 30 seconds in my blender, but it may take a few minutes in a food processor. Taste and add any more salt.

Notes

- To roast your own bell pepper, preheat the oven to 425°F and line a pan with parchment paper. Add a large red bell pepper to the pan and roast for 20-25 minutes or until well charred. Remove and let cool a few minutes and then carefully remove the stem and seeds. Chop up and measure 2/3 cup. Do not peel off the blackened skin, that is where the flavor comes!
- This will keep a week in the fridge.

Sourced from: <https://thevegan8.com/red-pepper-hummus/>

Ingredients

- One 15oz can (or 1 1/2 cups cooked) low-sodium chickpeas, drained and rinsed
- 2/3 packed cup (120g) of roasted red peppers (I use the jarred and drain them before measuring)
- 2 large garlic cloves (6g)
- 2 tablespoons (30g) water
- 3 tablespoons (48g) smooth very runny tahini (mine has added salt, I love the Trader Joe's and Kroger Simple Truth brands)
- 1 tsp sriracha
- 2 tablespoons (30g) fresh lemon juice
- 1/2 teaspoon smoked paprika
- 1/2 tsp fine sea salt
- 1/8 tsp ground black pepper

Sparkling Fruit Punch



Ingredients

- 1 lb fresh strawberries, stems removed and halved
- 1/4 cup (44g) fresh blueberries
- 1/2 cup (90g) fresh black grapes
- 1/2 cup (120g) **freshly** squeezed lemon juice
- 4-6 tablespoons pure maple syrup
- 4 cups chilled sparkling water (SEE NOTE)

Instructions

1. Before starting, make sure your sparkling water has chilled for a long time in the fridge (see above note).
2. Wash all your fruit and chop the strawberries and remove stems. Add them along with all the remaining ingredients to a blender and blend until completely smooth. Taste and add any more sweetener if desired. I find this was plenty sweet with 4 heaping tablespoons, but if you are serving it at a party, you may add a little more.
3. Lastly, drain the punch through a fine mesh strainer to catch any skins left behind from the grapes. See above photo in post. It does catch a lot. Pour in a pitcher and over ice if desired and serve. I garnished my glasses with extra fruit.

Notes

- It is important your sparkling water is chilled for several hours or overnight because if you add it room temperature and then chill the drink afterwards the carbonation will fizz out by the time you serve it.

Sourced from: <https://thevegan8.com/ultimate-sparkling-fruit-punch/>



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!





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



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:





ARE YOU LOOKING FOR AN INTERMEDIATE TAI CHI CLASS?

**WEDNESDAY, JUNE 8TH - JULY 13TH
FROM 6 PM-7 PM**

in the Larry P. Fleschner Memorial Classroom at
The Maple Center 1801 N 6th Street, Terre Haute

Cost is \$30 for the 6 class series, scholarships available.



Classes led by certified instructor Steve Walden, PTA
Steve has 25 years in the medical field
2 Master ranks in Martial Arts
Teacher of Yang, Sun, and Chen Tai Chi



www.maplecenter.org

**REGISTER AT WWW.MAPLECENTER.ORG
SPACE IS LIMITED - SIGN UP TODAY!**

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