



# MAPLE CENTER

## Integrative Health



@themaplecenternonprofit Nonprofit: 812-234-8733

[www.maplecenter.org](http://www.maplecenter.org)

### MAY 2023



## HEALTH IS WEALTH

### BE ABUNDANT IN HEALTH

Learn the ins and outs of healthy living from a multitude of professionals. Discover all the options available to you as you walk the path to a healthier and happier lifestyle.



MAPLE CENTER INTEGRATIVE HEALTH PRESENTS

# CITY OF WELLNESS

A showcase for healthy living in the Wabash Valley

SATURDAY, MAY 20, 2023

9:30 AM - 3:30 PM

ROSE HULMAN INSTITUTE OF TECHNOLOGY MUSSALLEM UNION

Free to the Public

(due to our generous sponsors)



Visit [www.cityofwellness.info](http://www.cityofwellness.info) for more information about the event.  
For inquiries call (812) 234-8733 or email [info@maplecenter.org](mailto:info@maplecenter.org)



# National Hypertension Awareness Month

## What is hypertension?

Hypertension is the pressure of blood pushing against the walls of your arteries. Arteries carry blood from your heart to other parts of your body. Blood pressure normally rises and falls throughout the day, but it can damage your heart and cause health problems if it stays high for long periods of time.

## Benefits of a Plant Based Diet for Hypertension

High blood pressure, or hypertension, affects nearly half of adults in the U.S. According to JAMA Internal Medicine article, patients that consume plant based diets were found to have lower systolic and diastolic blood pressures, compared to patients that ate meat.

Fruits and vegetables are rich in potassium, which helps lower blood pressure. Plant products are generally low in fat and sodium and are free of cholesterol. Avoiding animal products and added fats also reduces the blood's thickness, making it easier for the heart to pump blood.

Incorporating a low sodium diet can also help lower blood pressure. You can reduce your sodium intake by limiting or avoiding processed foods, canned foods, snack foods and dairy products and by limiting the use of salt in food preparation and consumption.



## 11 Foods that Increase Blood Pressure

- **Salt**
- **Certain condiments and sauces**
- **Foods with Saturated and Trans-Fats**
- **Fried Foods**
- **Fast Food**
- **Canned, Frozen and Processed Foods**
- **Deli Meats and Cured Meats**
- **Salted Snacks**
- **Caffeine**
- **Alcohol**
- **Soda**



# Plant-Based Recipes:

## Vegan Tray Bake with Spring Veggies

Recipe by: Lazy Cat Kitchen

SERVES: 3-4

PREPARATION: 20 MIN

COOKING: 45 MIN

### INGREDIENTS:

#### *TOFU (or use shop-bought pre-marinated tofu you like)*

1 garlic clove, minced  
1 tbsp nutritional yeast  
½ lemon, zest and 2-3 tbsp juice  
½ tbsp shiro / white miso paste  
heaped ½ tsp fine salt  
black pepper  
1 tsp Italian herbs (or 1-2 tbsp vegan pesto)  
14 oz firm tofu, pressed

#### TRAYBAKE

21 oz small (starchy ideally) potatoes  
2 tbsp olive oil  
7 oz tenderstem broccoli  
7 oz extra thick asparagus spears (optional)  
2 spring onions / scallions, only white and light green parts  
4 garlic cloves, skin on  
½ cup frozen petit pois or green peas  
1 tbsp capers, chopped  
zest of 1 lemon

#### BASIL CREAM

1 cup raw cashews OR sunflower seeds, soaked in boiling water for at least 20 minutes  
juice of ½ lemon, more to taste  
15 medium-large basil leaves  
1 tbsp capers  
½ tbsp shiro / white miso paste, more to taste  
1 tbsp nutritional yeast  
salt and pepper

### METHOD

#### *TOFU (marinate overnight if possible)*

- At the bottom of a large, flat dish, combine all the tofu marinade ingredients with ¼ cup of water. Mix really well.
- Cut tofu into 1 cm / 3/8" slices and arrange them, in a single layer, in the marinade. Spoon some of the marinade over the tofu from time to time. Marinate as long as possible, ideally overnight for a better flavour.

#### TRAYBAKE

- Preheat the oven to 410° F (or 375° F with fan) and grab a large, sturdy baking tray (I use this tray). If using salad potatoes (which brown slower than starchy potatoes), increase the temperature by 50° F.
- Scrub your potatoes clean, towel them dry, cut in half lengthwise and coat in 2 tsp of olive oil.
- Arrange them on the baking tray, cut side down and bake for 15 minutes.
- Coat broccoli, asparagus, spring onions and unpeeled garlic cloves in a small amount of olive oil. I also like to dip the broccoli tips in nutritional yeast as it makes them extra delicious.
- After 15 minutes in the oven, flip the potatoes to the other side and add tofu, spring onions and garlic cloves to the tray. Carry on roasting for another 15 minutes, but garlic and spring onions may only need 10 minutes.
- After 30 minutes in the oven, potatoes should be golden and fully cooked through. If so, take them off the tray (keep them warm) to make room for the veggies. Decrease the oven temperature to 390° F. Remove garlic cloves and spring onions from the tray too.
- Place broccoli and asparagus spears (if using) on the tray next to tofu. Arrange the broccoli so that the tops are bunched together (they cook quicker) but stems are a bit separated from each other.
- Bake for further 10-12 minutes, depending on how thick your vegetables are, they may be done a little quicker (use a small knife to check for doneness in the thickest point). Add frozen petit pois in the last 3-4 minutes of the baking time. While the veggies are baking, make the cream.
- Add potatoes back to the tray, spread chopped capers on everything, give everything a light seasoning and a dusting of lemon zest. Serve with a side of basil cream.

#### BASIL CREAM

- Place roasted spring onions, squeezed out roasted garlic cloves, drained cashews, lemon juice (zest it first, keep the zest for the traybake) and 1/3 cup of water in a small blender (I used a Ninja blender for this). Blend until smooth, add more water if needed.
- Blend in basil, capers, miso, nutritional yeast and season with salt and pepper to taste.
- Keeps for about 4 days in the fridge and tastes even better a day after it's been made.



# APPLE GRANOLA

Recipe by Lazy Cat Kitchen

**MAKES:** 2 CUPS    **PREPARATION:** 15 MIN    **COOKING:** 40 MIN

## INGREDIENTS:

2 heaped tbsp raw buckwheat groats\*  
¼ cup dried cranberries (or sultanas)  
¼ cup hazelnuts (or almonds)  
¼ cup smooth apple sauce  
1 tbsp ground flax seeds  
2 tbsp drippy almond butter or liquid oil (like refined coconut oil)  
2 tbsp maple syrup\* or other liquid sweetener  
1 heaped cup whole rolled oats (GF if required)  
3 tbsp pumpkin seeds (or sunflower seeds)  
¾ tsp cinnamon  
¼ tsp baking soda  
1/8 tsp fine salt



## METHOD:

1. Soak raw buckwheat groats in boiling water for 20 minutes, and cranberries and nuts in cold water for the same amount of time. Drain well.
2. Preheat the oven to 265° F fan function (300° F without the fan) and line a large baking tray with a piece of non stick baking paper.
3. In a large bowl, mix apple sauce, ground flax, almond butter (or oil) and maple syrup. Stir well until well combined and set aside for 10 minutes for flax to activate.
4. Add oats, pumpkin seeds, drained buckwheat groats, cranberries and chopped nuts, cinnamon, baking soda and sea salt. Mix really well
5. Spread the granola mixture on the prepared baking tray in a single layer and bake for about 35-40 minutes. Rotate the tray and give the granola a stir after about 20 minutes.
6. Allow the granola to cool down (it will crisp up) before using. Store in an airtight container, it will keep for a few weeks if stored away from moisture.

# Vegan Lemon Mousse

Recipe by Lazy Cat Kitchen

**MAKES:** 4 Servings    **PREPARATION:** 15 MIN    **COOKING:** 5 MIN

## INGREDIENTS:

1 cup raw cashews\*  
½ cup white sugar or coconut sugar  
½ cup + 2 tbsp lemon juice + (optionally) zest of 1 lemon  
2 tbsp vegan butter block or coconut oil\*  
1/8 tsp turmeric, optional  
1/3 cup aquafaba (chickpea brine)  
pinch of salt

## DECORATION (optional)

whipped coconut cream  
fresh raspberries



## METHOD:

1. Soak cashews in boiling water for at least 30 minutes or overnight in cold water.
2. Combine sugar and lemon juice in a small pot on a low heat. Stir until sugar has dissolved completely. Take off the heat, add vegan butter and allow it to melt into the hot syrup, stirring from time to time.
3. Put drained cashews, the lemon syrup, turmeric and lemon zest (if using) into a blender. If using an upright blender, pour lemon syrup to the bottom and then add the cashews. Blend until creamy and super smooth. Transfer to a mixing bowl and set aside.
4. Place aquafaba in a clean (that's very important as any grease residue will prevent the aquafaba from achieving stiff peaks) glass or metal bowl. Add a teaspoon of lemon juice and salt. Whip it until you achieve stiff peaks - you should be able to invert the bowl and the whipped aquafaba should move at all. If it does it means that it hasn't been whipped enough.
5. Fold approximately half of the aquafaba into the lemon mixture. Use a slow folding motion so that you don't knock too much air out - this will cause the mousse to deflate. Once incorporated, add the other half. By the time you are done, the mixture will be pale yellow, airy and thick - spoonable rather than pourable.
6. Divide the mixture between 4 dessert glasses and using a chopstick, gently stir the mousse in each glass to even it out. Place the glasses in the fridge for 8 hours (or overnight) for the mousse to set.
7. Once set, decorate with whipped coconut cream and raspberries. This dessert keeps in an airtight container for about 2 days.

# *Gentle Yoga*

*With Jaclynn Cooper at The Maple Center*



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

*Starting May 1, 2023*

*Every Monday 6:30-7:30 PM  
at*

*70 W. HoneyCreek Parkway*

*Fee: \$5.00*



The Maple Center  
for Integrative Health  
501(C)3 NONPROFIT

[www.maplecenter.org](http://www.maplecenter.org)



Larry P. Fleschner  
Memorial Classroom

# Qigong

## at The Maple Center



**Led by Dr. Hongtao Li, Ph.D.**

Qigong involves slow meditative movements, rhythmical breathing, and a calm state of mind. This eight-movement exercise and traditional calm music will nurture your body and spirit with relief from the daily stress.  
Please dress comfortably.

**Every Thursday,  
May 4, 2023 - June 22, 2023  
from 7-8pm**

Sponsored by





# Chair Yoga

## Thursdays at 10am

Classes are offered in the Maple Center's Fleschner Memorial 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.

70 W. HoneyCreek Parkway  
Terre Haute, IN 47802  
(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  
70 W Honey Creek Parkway  
Terre Haute, IN 47802



# Support Your Health

Osher Lifelong Learning Institute Speaker Series held at the  
Landsbaum Center, 1433 N. 6th 1/2 St. Terre Haute, IN  
Time: 1:30 - 3:00 pm  
Cost: No Charge

February 8, 2023 - Dr. June Kunapareddy, DO

*Presenting:*

**Skin Matters: Anti-Aging, Acne & More**

---

March 8, 2023 - Shelly Amerman, Case Management at Thrive

*Presenting:*

**Area 7 Agency on Aging and Disability programs, as well as State Health Insurance Program, and Senior Medicare Patrol.**

---

April 12, 2023 - Ryan Groneman, DPT with Fyzical Therapy  
& Balance Center

*Presenting:*

**Balance and Vestibular Therapy for Decreasing Fall Risk in the Aging Population.**

---

May 10, 2023 - Beth Harrison with Union Hospital

*Presenting:*

**Stroke Recognition**

**(A special guest will be presenting with Ms. Harrison)**





# Frequency Specific Microcurrent Therapy (FSM)



## Offered at The Maple Center

Frequency Specific Microcurrent (FSM) is technology that manipulates the electrical currents already existing in our bodies.

Unlike other devices that use electricity like electrical stimulation (E-Stim or TENS units), FSM utilizes a lower level of electricity not generally felt by the body, instead the microcurrent used mimics the body's own electrical nervous system.

**FSM stimulates the body's own repair systems to activate and heal itself!**

### Conditions that have been known to benefit from FSM include, but are not limited to:

- |                                                                 |                                                               |
|-----------------------------------------------------------------|---------------------------------------------------------------|
| Acute (sudden) and chronic (long-term) musculoskeletal injuries | Shingles                                                      |
| Acute and chronic neuropathic (nerve) pain                      | Burns                                                         |
| Chronic fracture and bone pain                                  | Kidney stones                                                 |
| Arthritis/Torticollis (the head is tilted to one side)          | Asthma                                                        |
| Disc injuries/discogenic- and facet-based pain                  | Irritable bowel syndrome                                      |
| Viscerally-referred pain                                        | Disc injuries                                                 |
| Concussions                                                     | Fibromyalgia                                                  |
| Headaches                                                       | Diabetic neuropathy                                           |
| Plantar fasciitis (pain in the heel and foot)                   | Neuromas (overgrowth and scarring to a nerve after an injury) |
| Sports injuries                                                 | Tendinopathy (inflammation and/or swelling of the tendon)     |
| Wounds                                                          |                                                               |

**Ask if FSM can benefit you today!  
Call Dr. Stienstra's office at 812-235-4867**



The Maple Center  
Podiatry & Orthopedics

70 W Honey Creek Parkway, Terre Haute, IN

**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.
- Register your **Kroger Plus Card** online at [www.krogercommunityrewards.com](http://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!**



70 W Honey Creek Parkway  
Terre Haute, IN 47802  
[www.maplecenter.org](http://www.maplecenter.org)

## Partnering Private Practices

### **Integrative Medical Consultation & Medical Acupuncture**

Monday through  
Thursday  
By Appointment

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

### **Alternative Health Screening**

**By Appointment**

**Darla Sullivan**  
alternativehealthscreening@gmail.com

**Appointments  
Call 765-719-1570**

### **Mindful Growth Psychological Services for all ages**

**By Appointment**

**Dr. Abbie Jones**  
www.mymindfulgrowth.com

**Appointments  
Call 812-214-5152**

### **Mental Health Counseling**

By appointment  
Fee: \$60 per hour

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