



MAPLE CENTER

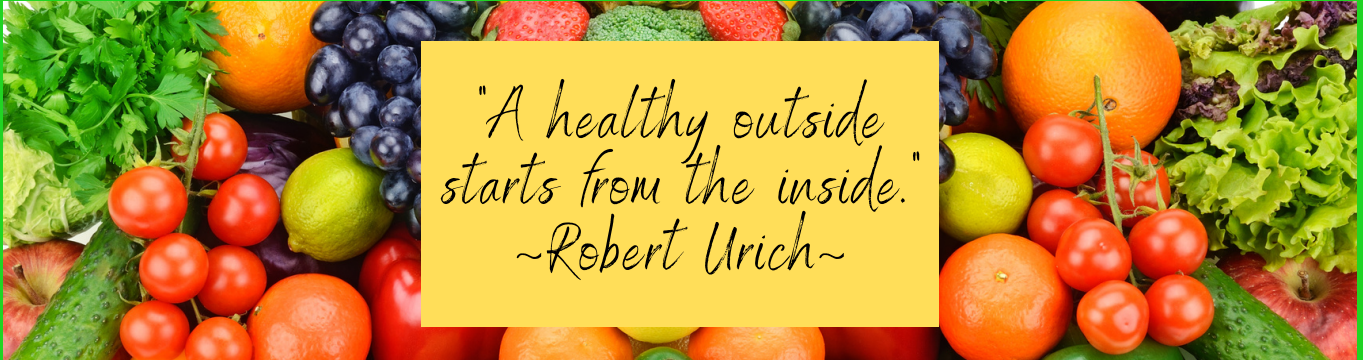
Integrative Health



@themaplecenternonprofit Nonprofit: 812-234-8733

www.maplecenter.org

JULY 2023



*"A healthy outside
starts from the inside."
~Robert Urich~*

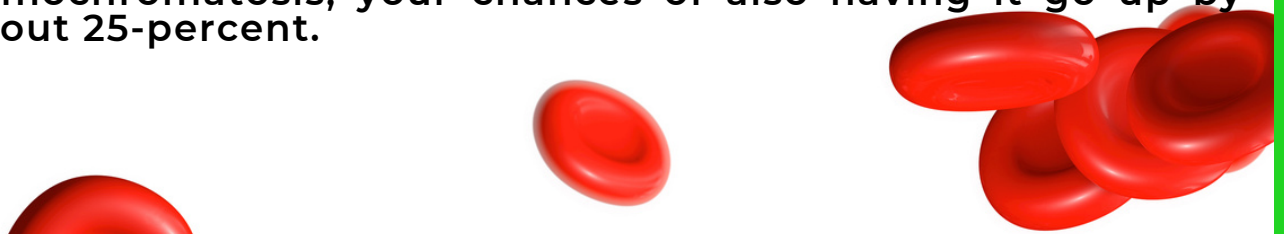
National Hemochromatosis Screening & Awareness Month

Hemochromatosis is an iron storage disorder that causes the body to absorb excessive iron from foods and other sources, such as iron-fortified multivitamin supplements.

This extra iron can gradually accumulate in the body's tissues and organs, particularly liver cells, the heart, the pancreas, joints, and the pituitary gland. Left untreated, the iron buildup may eventually cause tissue and organ damage.

Primary hemochromatosis is an inherited disorder also known as hereditary hemochromatosis. Anemia, alcoholism, and other conditions can all lead to secondary hemochromatosis.

If there's a history of the disease in your family, or if a sibling, parent or child is diagnosed, direct family members should go in for screening. When someone that close to you has hemochromatosis, your chances of also having it go up by about 25-percent.



National Hemochromatosis Awareness Month

Hereditary hemochromatosis is one of the most common genetic conditions in the United States, affecting about 1 million Americans. Many people might not even know they have Hemochromatosis and it can be easily diagnosed through a simple blood test that can be ordered by your physician.

Typically, iron is considered a helpful element. It helps carry oxygen to different parts of the body and can be found in foods like red meat, pork, poultry, spinach, and beans. BUT too much iron in the body can cause someone to feel joint pain, skin color changes (darkening of skin in some parts of the body), fatigue, and shortness of breath. If the elevated iron levels are untreated, people may be at risk to develop diseases like diabetes, heart attack, arthritis, depression, hypothyroidism, and some cancers.

The treatment for hemochromatosis is called therapeutic blood removal or phlebotomy (TP). TP is similar to a regular blood donation, but TP requires a prescription written by a doctor. Additionally, a regular blood donation can be done every 8 weeks, while a person with hemochromatosis may need to get their blood drawn as frequently as twice a week to get iron levels back down to a safe range. Diet modifications can also help manage the condition, with avoiding iron supplements and foods high in iron.

5 THINGS YOU NEED TO KNOW ABOUT HEMOCHROMATOSIS

Early symptoms include fatigue and abdominal pain

Fatigue, weakness, impotence, and joint and gut pain are early symptoms of hereditary hemochromatosis.

Seek treatment immediately

Left untreated, up to one-half of those affected could die from liver cancer.

Treatment includes drawing blood

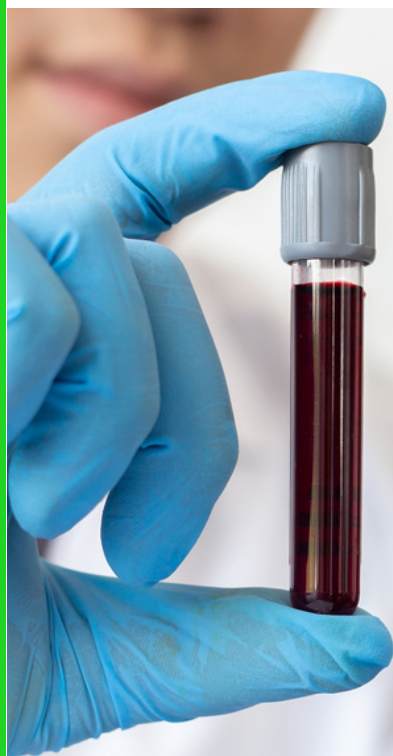
To reduce the number of red blood cells, a simple treatment is to remove up to 19.2 fl oz of blood from the body every week.

It causes severe damage to the organs

Because the human body lacks iron excretion mechanisms, excess iron can eventually cause significant damage.

Getting screened can save your life

The transferrin saturation test can detect hereditary hemochromatosis even before symptoms appear.





Plant-Based Recipes:

Summer Farro Salad

Recipe by: Lazy Cat Kitchen
SERVES: 4-6 PREPARATION: 20 MIN COOKING: 20 MIN

SALAD INGREDIENTS:

- 1½ cup dry farro (or quinoa if GF)
- 2 ears of corn
- 2 small zucchini, cut into thick slices
- olive oil
- 20 cherry tomatoes
- 1 red pepper
- 4 celery sticks (or 2 long stalks)
- 1 large spring onion
- 1 cup cooked chickpeas
- 1/3 oz fresh basil (or mint) leaves, finely shredded

DRESSING INGREDIENTS:

- 1 garlic finely grated
- 2-3 tbsp lemon juice and zest of 1 lemon, adjust to taste
- 3 tbsp extra virgin olive oil
- 2 tsp maple syrup
- salt and pepper, to taste
- mild chilli flakes (I like fine Korean chilli flakes), to taste (optional)



METHOD

SALAD

1. Rinse farro well and cook it in plenty of water until tender but still chewy – I find that 35-40 minutes is the sweet spot. Drain and allow it to cool.
2. Heat up a griddle pan on a low heat. Brush the corn with a small amount of oil and place on the preheated griddle pan. Grill, turning every few minutes, until cooked and lightly charred all over. Once cool, shave the kernels off with a sharp knife. Start on the dressing while the corn grills.
3. Brush zucchini with a small amount of oil on both sides, season and place on the hot griddle pan. Allow them to cook undisturbed until you get nice char marks on one side, flip and cook until you get the char marks again. Take the zucchini off the pan and allow them to cool and chop into smaller pieces.
4. Prepare the remaining vegetables by cutting cherry tomatoes into quarters, pepper and celery sticks into thin slices and mincing the spring onion very finely.
5. Combine cool farro with chickpeas, grilled zucchini, corn kernels, remaining vegetables and shredded basil in a large bowl.

DRESSING

1. To make the taste of garlic a little less punchy, combine grated garlic with 2 tbsp of lemon juice in a small bowl and set aside for 10-15 minutes while you crack on with the rest of the salad.
2. Combine all the dressing ingredients in a small bowl or a jar with a lid – add another tablespoon of lemon juice if liked. Stir vigorously to combine or put the lid on the jar and shake very well. Season with salt, pepper and chilli to taste

STRAWBERRY PATCH SMOOTHIE

Make 1-2 Servings

INGREDIENTS:

- 2 cups strawberries
- 1 cup spinach packed
- handful of fresh basil
- 1 cup non-dairy milk

DIRECTIONS:

Add 1 cup of ice to a blender with ingredients and blend until smooth. Pour into your favorite glass and enjoy!





GRILLED GARLIC HERB ZUCCHINI

This Grilled Garlic Herb Zucchini recipe is brought to you by DAMN DELICIOUS

YIELD: 6 SERVINGS PREP: 15 MINUTES COOK: 10 MINUTES TOTAL: 25 MINUTES

INGREDIENTS:

- 4 tablespoons olive oil, divided
- 1/4 cup minced shallot
- 2 cloves garlic, minced
- 2 tablespoons chopped fresh rosemary
- 2 tablespoons chopped fresh parsley leaves
- Kosher salt and freshly ground black pepper, to taste
- 2 medium zucchini, cut diagonally into 1/2-inch-thick slices
- 1 medium yellow squash, cut diagonally into 1/2-inch-thick slices

INSTRUCTIONS:

- Preheat grill to medium high heat.
- In a small bowl, whisk together 3 tablespoons olive oil, shallot, garlic, rosemary and parsley; season with salt and pepper, to taste. Set aside.
- Brush zucchini and squash with remaining 1 tablespoon olive oil; season with salt and pepper, to taste.
- Add to grill in a single layer, and cook until charred on both sides and just beginning to soften, about 2 minutes per side.
- Serve immediately, drizzled with olive oil mixture.

Vegan Ice Cream Sandwich (Classic) Recipe by Lazy Cat Kitchen

MAKES: 15 PREPARATION 30 MIN COOKING 15 MIN

INGREDIENTS:

ICE CREAM (or shop-bought vegan ice-cream)

1 1/4 cup cashews, soaked
1 1/4 cup solid coconut cream* (not milk)
1/3 cup maple syrup (or sugar)
1 tbsp vanilla extract
1/8 tsp salt

BROWNIE BASE

4 tsp ground flax + 1/2 cup soy milk (or 1/2 cup [aquafaba](#)*)
1 cup caster (superfine) sugar
1 cup all purpose flour* (or a [GF flour mix](#))
1 tbsp cornstarch
scant 1/2 cup unsweetened cocoa powder
1/4 tsp salt
1/4 tsp [baking soda](#) (GF certified if needed)
5 1/4 oz vegan 70% cocoa dark chocolate
1/2 cup vegan butter
1/4 cup light muscovado sugar

METHOD:

ICE CREAM

- Place all of the ice cream ingredients in a [small blender](#). Blend until silky smooth.
- Pour into a square 20 cm / 8" silicone mould or a similar size container lined with baking paper. Gently stick a piece of baking paper to the surface of the ice-cream mixture and freeze until solid.

BROWNIE BASE

- Preheat the oven to 355° F. Line two square 8 inch baking tins (or one rectangular tin twice the size) with two long strips of baking paper so that all of the sides are covered.
- If using FLAX, place it in a large mixing bowl with 1/2 cup of soy milk and set aside for 20 minutes. If using aquafaba, skip to the next step.
- Combine flour, cornstarch, cocoa powder, salt and baking soda in another bowl - if your cocoa powder is lumpy, sift it into the flour. Mix well with a spoon.
- Melt broken up chocolate, brown sugar and vegan butter in a bowl suspended over a pot of barely simmering water. Allow them to melt slowly, switch the heat off when most of the chocolate has melted. Stir gently to combine at the end.
- Add sugar to the activated FLAX and whisk with an electric whisk for 2 minutes - until the mixture before pale, bubbly and gelatinous like an egg white (see photos in the post).
- If using AQUAFABA, place it in a large bowl and whisk until frothy (about 1 minute), then add sugar gradually while whisking. Whisk until luminous white, bubbly and still runny but thick.
- Using a spatula, gently fold warm (not cooled) chocolate mixture into the sugar mixture.
- Add dry ingredients in three batches whilst gently folding with a spatula. Keep on folding until there is no dry pockets left but no more than that.
- Divide the batter evenly between the two tins, spread to the edges with a spatula and bake for about 15 minutes. Handle very gently after baking.
- Cool completely and then place in the fridge for a few hours for the brownies to firm up and become fudgy.
- ASSEMBLY
- Remove both brownie bases from the fridge. Turn one of the bases upside down, place frozen ice-cream on top and the other brownie base (shiny side up) on to of that.
- Cut into 15 (2.5" x 1.5") pieces with a sharp knife. For neater cuts, warm up your knife by dipping it in hot water (and drying) between cuts.
- Place in an air-tight container and return to the freezer. Allow the ice-cream to thaw a little before consuming. Store in the freezer for up to 1 month.





Join us at:

The Maple Center Book Club



70 W Honey Creek Pkwy, Terre Haute, IN 47802

JULY 5TH | 4:30-5:30PM

Health, Wellness, and Community



MEDITATION TUESDAY

Group led by Jean Kristeller, PhD
Meditation Professional

Meditation is a holistic wellness tool to connect energetically to our bodies, beyond the physical being. There is lots of data to support the mind-body 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, mindful breaths to regulate the nervous system.

Join Meditation Tuesday, a weekly meditation group!

Group Meeting:
Each Tuesday
Time:

5:30 PM-6:30 PM

at ISU - Root Hall
Room 027

FREE and
open to the
public!

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



Larry P. Fleschner
Memorial Classroom



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

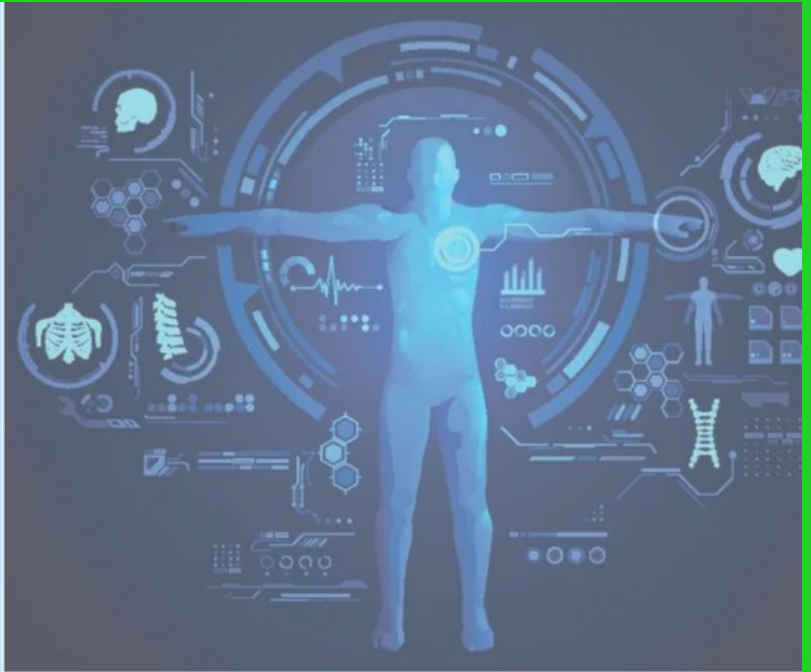
A licensed Acudetox Specialist will utilize NADA's Acudetox protocol

Sponsored by:



located at
The Maple Center for Integrative Health Nonprofit
70 W Honey Creek Parkway
Terre Haute, IN 47802

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 | Asthma |
| Torticollis (the head is tilted to one side) | Irritable bowel syndrome |
| Disc injuries/discogenic- and facet-based pain | Disc injuries |
| Viscerally-referred pain | Fibromyalgia |
| Concussions | Diabetic neuropathy |
| Headaches | Neuromas (overgrowth and scarring to a nerve after an injury) |
| Plantar fasciitis (pain in the heel and foot) | Tendinopathy (inflammation and/or swelling of the tendon) |
| Sports injuries | |
| Wounds | |

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



The Maple Center
For Integrative Health

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, 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

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**

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By Appointment

Dr. Abbie Jones
www.mymindfulgrowth.com

**Appointments
Call 812-214-5152**

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Thursdays
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**Rebecca Barger,
NP-C
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Call 812-235-4867**

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By appointment
Fee: \$60 per hour

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

Nutritional Healing Consultations

By Appointment

**Chloee Hurst RD, LC
Call 812-232-4867**