



MAPLE CENTER

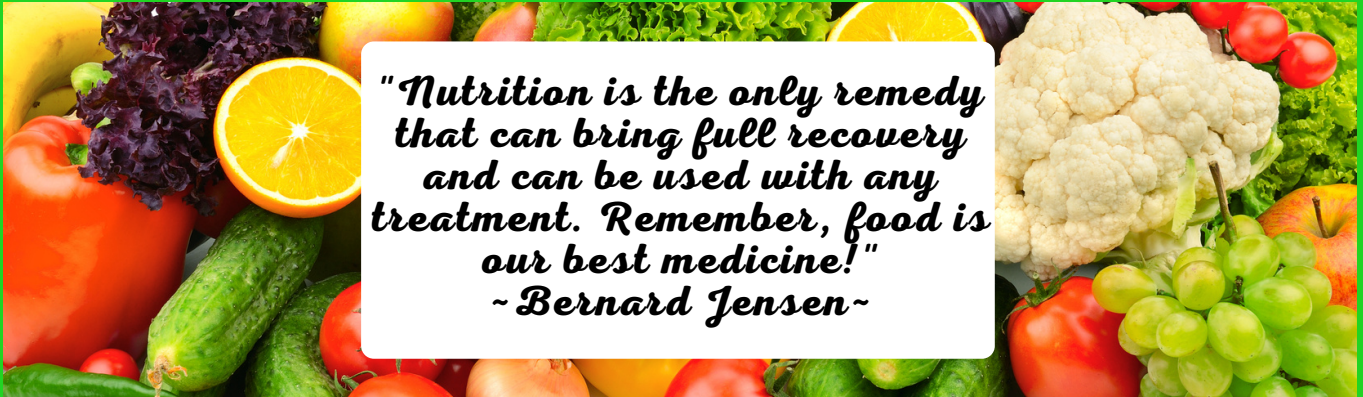
Integrative Health



@themaplecenternonprofit Nonprofit: 812-234-8733

www.maplecenter.org

JUNE 2023



"Nutrition is the only remedy that can bring full recovery and can be used with any treatment. Remember, food is our best medicine!"
~ Bernard Jensen ~



*Welcome,
Chloe Hurst,
Nutritional Healing
Consultant*

The Maple Center for Integrative Health would like to welcome Ms. Chloe Hurst. Ms. Hurst will be our Nutritional Healing Consultant.

Chloe is a Terre Haute native who attended West Vigo High School and recently graduated from Indiana State University obtaining a BS in Dietetics in May of 2023. She will be offering nutritional consultations and coaching as she begins courses in functional and integrative medicine.

Holistic and naturopathic medicine has been an interest of Chloe's since she was in middle school and diagnosed with Osteosarcoma, a bone cancer. This diagnosis started a very long process working within the medical system to remove the tumors and prevent recurrence. She believes this experience has enabled her to better understand what her patients are going through and be a better dietitian as a result. She hopes to educate patients on the power of food in preventing and reversing disease and empower others to take control of their health through lifestyle.

Chloe enjoys training with her local triathlon club, coaching middle school cross-country, spending time with family, and traveling.

Alzheimer's and Brain Awareness Month

Benefits of a Plant-based Diet for Cognitive Health

- Several medical organizations have recommended a plant-based diet to optimize cognitive health and potentially prevent dementia.
- Studies show that plant-based diets can lower your cognitive decline risk up to 33%.
- High antioxidants and phytochemicals from plant foods may protect against cognitive decline, while saturated fats from animal based foods considered as risk factors have been associated with dementia



Recommendations to Improve Your Cognitive Health

- Incorporate more leafy green vegetables such as kale, spinach, collards & broccoli are rich in brain-healthy nutrients like vitamin K, lutein, folate and beta carotene.
- Eating just 1/2 of a serving of certain colorful foods like strawberries, oranges, peppers and apples may lower your risk of cognitive decline.
- Limit servings of red meat, sweets, cheese, butter/margarine and fast/fried foods.
- Dietary add-ons such as vitamins B and E, may attack oxidative damage or inflammation, protect nerve cells or influence other biological processes involved in Alzheimer's.



Plant-Based Recipes:

Vegan Chickpea Curry

By: Cook Ideas

Ingredients:

- 2 tbsp. olive oil
- 1 large onion, chopped
- 4 garlic cloves, minced
- 1 tbsp. grated ginger
- 1 tbsp. curry powder
- 1/2 tsp. ground cumin
- 1/4 tsp. cayenne pepper
- 1 can (15 oz.) chickpeas, drained and rinsed
- 1 can (14.5 oz.) diced tomatoes, undrained
- 1 can (14 oz.) coconut milk
- 1/2 cup vegetable broth
- 1 tsp. salt
- Fresh cilantro, chopped (optional)



Instructions:

1. Heat the olive oil in a large pot over medium heat. Add the onion and cook for 5-7 minutes, until soft and translucent.
2. Add the garlic and ginger, and cook for another 2-3 minutes.
3. Add the curry powder, cumin, and cayenne pepper, and cook for 1-2 minutes, stirring constantly.
4. Add the chickpeas, diced tomatoes, coconut milk, vegetable broth, and salt. Stir to combine.
5. Bring the mixture to a boil, then reduce the heat and let it simmer for 20-30 minutes, or until the curry has thickened.
6. Serve the vegan chickpea curry hot, topped with fresh cilantro if desired.

Nutritional facts per serving (makes about 4 servings): Calories: 365 Total fat: 23g Saturated fat: 15g
Cholesterol: 0mg Sodium: 868mg Total carbohydrate: 31g Dietary fiber: 9g Sugars: 8g
Protein: 9g

True Blue Antioxidants

Author: The Rebel Dietitian, Dana McDonald, RD

Ingredients:

- 1 cup blackberries
- 1 cup blueberries
- 1 banana frozen
- 1 cup non-dairy milk
- 1 cup ice

Directions:

Add all ingredients to a blender and mix on high until well blended. Pour into your favorite cup and enjoy. (Makes 1-2 servings)



Vegan Mediterranean Quinoa Salad with Chickpeas

Author: Kate M. / The Green Loot

Prep Time: 15 minutes Cook Time: 20 minutes Total Time: 35 minutes

4 Servings

Ingredients:

- 1 1/2 cup quinoa (cooked)
- 1 can chickpeas
- 1 cup cherry tomatoes (quartered)
- 10 olives (green, kalamata or black)
- 1 1/2 cup fresh basil leaves
- 1/2 small purple onion
- 1 tbsp fresh lemon juice
- 1 tsp olive oil
- 1 tsp balsamic vinegar
- 2 tsp red wine vinegar
- 1 1/2 tsp salt
- 1/3 tsp black pepper



Instructions:

1. Cook the quinoa. (Instructions for cooking the best, fluffy quinoa are here in my [green pea quinoa](#) recipe.)
2. Open the can of chickpeas and rinse them. You can keep the liquid from the can and use it later as aquafaba, if you want.
3. Chop all the ingredients, including the cherry tomatoes, olives, onions, fresh basil leaves and any other optional ingredients you'd like to use.
4. Put everything in a bowl, then combine with the fresh lemon juice, olive oil, vinegars, salt and pepper.
5. Serve your quinoa salad with any main dish, fresh bread or tortilla wraps.

3-Ingredient No-Bake Peanut Butter Cookies

By the Minimalist Baker

Serving Size: 12 cookies Prep Time: 10 minutes

Cookies:

- 1 cup gluten-free rolled oats
- 1 Pinch sea salt (optional)
- 3/4 cup medjool dates (pitted // measured after pitting)
- 1/2 cup [natural salted peanut butter](#) (creamy or crunchy // ingredients should just be peanuts + salt // we like Wild Friends brand)



CHOCOLATE GLAZE (optional):

- 3 Tbsp coconut oil (melted// measured after melting)
- 3 Tbsp cacao powder (sifted // or sub unsweetened cocoa powder)
- 1-2 tsp maple syrup (plus more to taste)
- 1 Pinch sea salt (optional)

Instructions:

1. Add oats and salt (optional) to a [food processor](#) and blend into a flour. Add dates and blend for 30 seconds more or until finely chopped. Add peanut butter and blend until a dough forms.
2. Scoop out 2-Tbsp amounts of dough and carefully form into mounds. Place on a parchment-lined pan or tray. Optional: Use the back of a fork to create a cross hatch on the top of the cookies (see photo).
3. Enjoy as is, or prepare chocolate glaze (optional) by mixing ingredients in a bowl and whisking until smooth. Dip the cookies in (about halfway), let excess drip off, and place back on parchment-lined pan or tray. Freeze 10 minutes. Then dip again for extra thick shell. Chill again. Enjoy.
4. Store leftovers in the refrigerator up to 1 week or in the freezer up to 1 month. The chocolate shell can get soft at room temperature, so it's best to store them in the refrigerator.



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

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

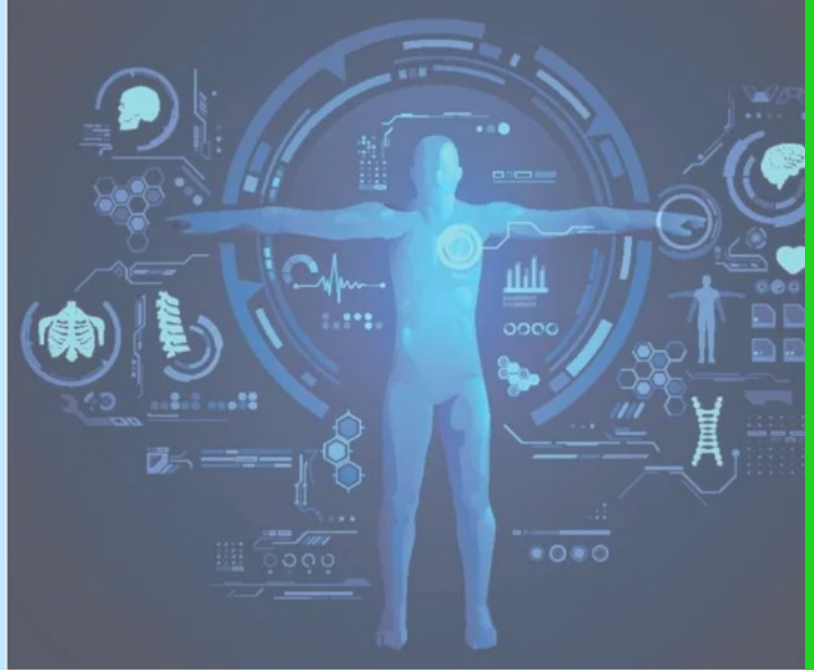
A licensed Acudetox Specialist will utilize NADA's Acudetox protocol

Sponsored by:



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

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**

Mindful Growth Psychological Services for all ages

By Appointment

Dr. Abbie Jones
www.mymindfulgrowth.com

**Appointments
Call 812-214-5152**

Integrative Medical Consultation

Mondays, Tuesdays &
Thursdays
By Appointment

**Rebecca Barger,
NP-C
Clinical Appointments
Call 812-235-4867**

Mental Health Counseling

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**