



MAPLE CENTER

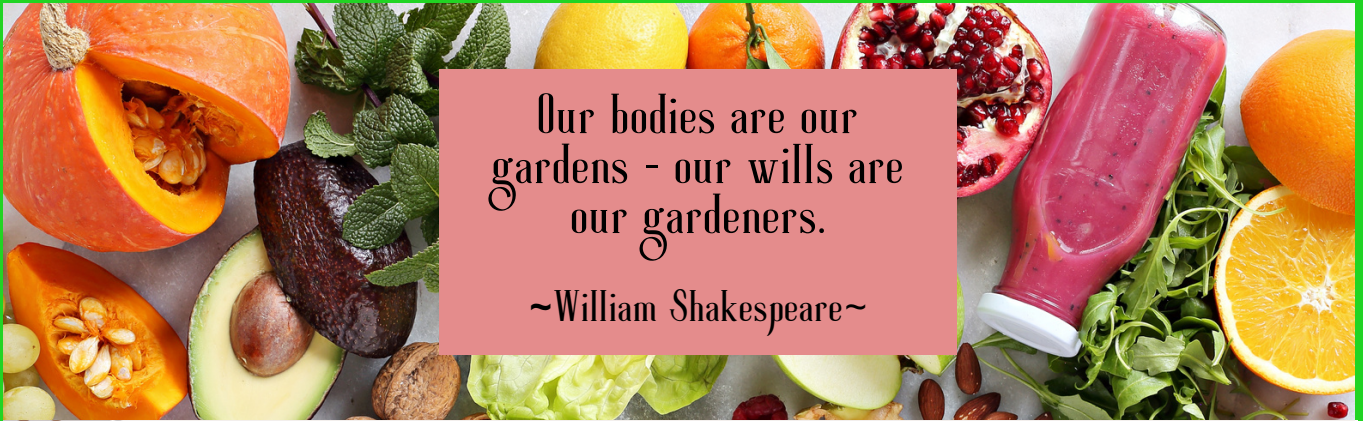
Integrative Health



@themaplecenternonprofit Nonprofit: 812-234-8733

www.maplecenter.org

SEPTEMBER 2023



Our bodies are our
gardens - our wills are
our gardeners.

~William Shakespeare~

Learn to heal your gut health!

Gut Health Workshop

Sample fermented
foods, make yogurt,
and learn!

SEPTEMBER 12, 2023

12pm- 1:30 EST



70 W Honey Creek Pkwy, Terre Haute

Sign up at www.maplecenter.org
by September 5th, space limited



\$20
/person



National Cholesterol Awareness Month

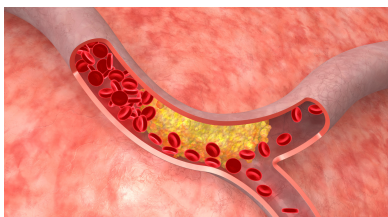


National Cholesterol Awareness month is to increase awareness about the importance of maintaining healthy cholesterol levels to prevent cardiovascular diseases and stroke, and to promote a daily heart-healthy diet and an active lifestyle.

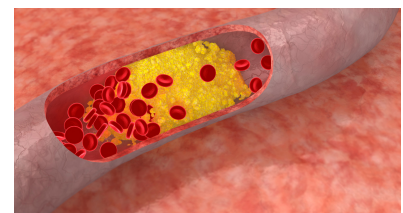
Blood Test Results	Levels
Glycemic Control	4.4 – 6.1 mmol/L
Fasting	4.4 – 8.0 mmol/L
Non-fasting	< 6.5%
HbA1c	
Lipids	≤ 1.7 mmol/L
Triglyceride	≤ 1.1 mmol/L
HDL cholesterol	≥ 2.6 mmol/L
LDL cholesterol	150 minutes/week
Exercise	
Blood Pressure	≤ 130/80 mmHg
Normal Renal Function	≤ 125/75 mmHg
Renal Impairment/ Gross	
Glycemic Control	4.4 – 6.1 mmol/L
Fasting	4.4 – 8.0 mmol/L
Non-fasting	< 6.5%
HbA1c	
Lipids	≤ 1.7 mmol/L

5 Facts About Cholesterol

- High cholesterol has no symptoms making it difficult to diagnose.
- More than 35 million Americans have cholesterol high enough to put them at risk for heart disease
- The National Cholesterol Education Program suggests people over 20 years old get their cholesterol checked every five years.
- Lifestyle changes such as regular exercise, a diet low in fat and high in fiber, and not smoking can help lower cholesterol.
- Most people don't need added cholesterol from their diet, their bodies make enough on their own.



Complications of High Cholesterol



Hardening of the Arteries: When plaque builds up in the arteries, it causes them to get hard and narrow, restricting blood flow, oxygen and nutrients to the rest of the body.

Heart Disease: Fatty deposits form in the blood vessels, blocking healthy blood flow.

Stroke: Sometimes, fatty deposit blocks can break off and cause clotting in the body. If there's an interruption in blood and nutrients, the person can suffer a heart attack or stroke.

Peripheral Vascular Disease: This is caused when the blood vessels are narrowed or blocked. Leg pain is usually the first symptom, especially when walking.

High Blood Pressure: When the body can't remove cholesterol from the bloodstream, it builds up in the artery walls. The arteries become stiff, the heart has to work harder to pump blood and blood pressure goes up.

Diabetes: Having diabetes tends to lower 'good' (HDL) cholesterol levels and raise 'bad' (LDL) cholesterol levels. This increases your risk for having a heart attack or stroke.



Plant-Based Recipes:

ROASTED PEPPER PASTA WITH VEGAN FETA RECIPE BY LAZY CAT KITCHEN

SERVES 2-3 PREPARATION 5 MIN COOKING 15 MIN

INGREDIENTS

7 oz spaghetti* (I used wholemeal)
2-3 tbsp olive oil
3-4 garlic cloves, finely diced
heaped ¼ tsp dried oregano
a good pinch of fine chilli flakes(optional)
7 oz roasted red peppers in brine, sliced small
3.5 oz vegan feta (I used homemade feta)
salt and pepper, to taste
finely chopped parsley, to finish (optional)



METHOD

- Cook pasta in a lightly salted pot of water until al dente.
- While the pasta is simmering, preheat olive oil in a large (30 cm / 12") frying pan.
- Decrease the heat to a whisper and add finely chopped garlic. Sauté garlic on low heat until softened and fragrant - but do not let it colour - stirring regularly.
- Add oregano, a pinch of chilli flakes (if using), salt and pepper to the oil, then toss cooked pasta in it to coat.
- Add chopped peppers and vegan feta to the pan, just to warm up briefly. If using coconut-oil based feta, don't expose it to heat for very long as it will turn into greasy liquid.
- Adjust seasoning, finish off with fresh parsley and serve.

Banana Blueberry Crumble

Prep Time: 5 minutes Cook Time: 45 minutes Total Time: 50 minutes

Ingredients:

4 cups blueberries
1/4 cup maple syrup divided
1 teaspoon lemon juice
1 tablespoon tapioca starch optional
1 medium banana
3 cups rolled oats
1/2 teaspoon cinnamon
1/2 teaspoon vanilla powder or extract
1/4 cup coconut oil



Instructions:

- Preheat the oven to 350°F.
- In a large bowl, combine blueberries, 2 tablespoons maple syrup, lemon juice and tapioca starch. Stir together until fully combined then transfer to a tart pan (or pie pan/baking pan).
- Using the same bowl, mash the banana until smooth, trying to remove as many lumps as possible. Add in oats, spices, remaining maple syrup and coconut oil. Stir everything together until combined, then transfer the topping onto the blueberries, using your hands to spread it out evenly across the top.
- Bake the crumble on the center rack for 40 - 45 minutes, covering for the last 10 minutes if needed. Blueberries should be bubbling and the oats should be golden brown.
- Remove from the oven and let cool for 10 minutes before serving. Serve warm with ice cream, yogurt or coconut whipped cream!

ZUCCHINI AND YELLOW SQUASH SOUP

Prep Time 10 minutes Cook Time 30 minutes
Total Time 40 minutes

Ingredients:

- 1 Tbsp avocado oil
- 1 large yellow onion, diced
- 1 red bell pepper, chopped
- 3 cloves garlic, minced
- 3 medium zucchini squash, chopped
- 1 yellow squash, chopped
- 1 (15-ounce) can cannellini beans, drained and rinsed
- 1 (15-ounce) can diced tomatoes
- 1 quart vegetable broth (4 cups)
- 1 tsp dried rosemary
- 1 tsp dried parsley
- 1 tsp paprika
- 1/2 tsp sea salt, to taste



Instructions:

1. Add avocado oil and onion to a large pot and heat over medium. Sauté, stirring occasionally until onion is translucent, about 8 minutes. Add the chopped red bell pepper and minced garlic and continue to sauté until the pepper is fragrant and the onion begins turning brown, another 2 to 5 minutes.
2. Add the chopped zucchini, yellow squash, rosemary, parsley and paprika. Sauté 2 more minutes.
3. Add the cannellini beans, diced tomatoes, and broth. Bring soup to a boil then reduce heat to medium low and cook until zucchini is soft but not falling apart, about 10 to 15 minutes.
4. Taste soup and add salt and ground black pepper to taste. Serve with rustic, delicious bread.

Vegan Green Smoothie

Recipe by Lazy Cat Kitchen

MAKES: 2.5 CUPS PREPARATION: 15 MIN COOKING: 0 MIN

INGREDIENTS:

- 2 tbsp ground flax seed
- 1 orange, peeled, excess pith and seeds (if any) removed
- 3.5 oz raw spinach*
- 1 ripe banana (frozen works well too)
- 1 ripe peach
- 2 tsp grated ginger, adjust to taste
- a good squeeze of lemon (optional)
- 10 ice cubes

METHOD:

1. Place ground flax seed and orange segments at the bottom of the blender and process until the orange is fully liquidised.
2. Add all the spinach and a splash of water – just enough to enable the blender to mince the spinach well. Processing spinach in a small amount of liquid ensures that the smoothie will be smooth, without leafy bits of spinach floating in it.
3. Add banana and peach. Process until smooth.
4. Season with grated ginger and a dash of lemon juice and finally add the ice cubes and process some more.
5. Divide between two glasses and enjoy.





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

September 13, 2023 - Dr. Kathleen Stienstra, MD

Presenting:

Preventing and reversing cognitive decline - The Bredesen Program

October 11, 2023 - Chloe Hurst, RDN, LD with The Maple Center for
Integrative Health

Presenting:

The cognitive benefits of a ketogenic diet.

November 8, 2023 - Rebecca Barger, NP-C

Presenting:

Using Nutrients for Mental Health

December 13, 2023 - Dr. Darla Heck Sacopulos, OD

Presenting:

Vision Issues & Eye Health





Gathering of Women

AT THE MAPLE CENTER

A community program that brings like-minded women together to learn new ideas, strategies, and practices to build our knowledge base, heal wounds and build each other

Sunday, September 17, 2023

4:00 PM to 6:00 PM

Location: 70 West Honey Creek Parkway

First session is free

Open Circle, lesson/theme, journal prompts, sharing/open discussion, movement practice, healing practice

COST: \$120 for 6 Sessions

STARTS: Sundays, October 1, 2023

bi-weekly until December 10, 2023

*Sliding scale scholarship available at www.maplecenter.org



812-234-8733



70 West Honey Creek Parkway
Terre Haute, IN 47802



www.maplecenter.org



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 5:30-6:30 PM
STARTING SEPTEMBER 27, 2023
Regional Hospital Main Lobby Area
3901 S 7th St, Terre Haute, IN 47802

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

Sponsored by:





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.

Every Wednesday 5:30-6:30 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

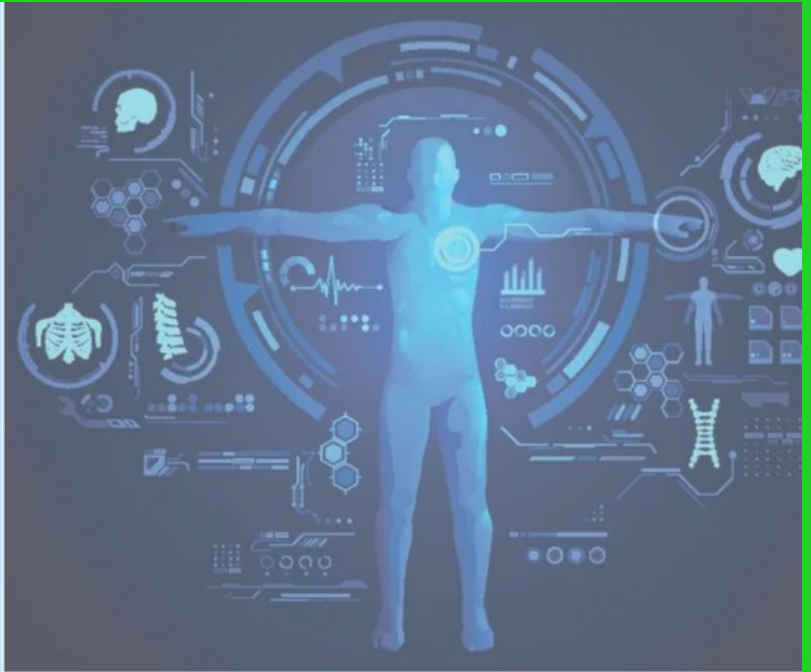
A licensed Acudetox Specialist will utilize NADA's Acudetox protocol

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**

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 RDN,
LD
Call 812-232-4867**