



# MAPLE CENTER

## Integrative Health



@themaplecenternonprofit Nonprofit: 812-234-8733

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

### AUGUST 2023



*"Healthy is an outfit that looks different on everybody"*



## August is Psoriasis Awareness Month

- Psoriasis is caused by an overactive immune system and has been linked to genetics, immunity and environmental triggers.
- Psoriasis is a chronic skin condition that can cause itchy, scaly rashes or red, dry patches of skin.
- It affects more than 8 million Americans and 125 million people worldwide.
- Psoriasis often appears between the ages of 30 and 50 but can develop at any age.
- About 1/3 of people with psoriasis have a relative with the condition.



# Psoriasis Awareness

## Types of Psoriasis

Guttate - small, round, red spots caused by inflammation

Pustular - white, pus-filled, painful bumps

Plaque - raised patches of inflamed, itchy and painful skin with scales. For some, red with silvery scales, for others it may look purple

Inverse - inflamed deep-red skin that is smooth and not scaly

Erythrodermic - intense redness and shedding of the skin layers in large sheets

## Common Locations

Genital - affects the genital area, as well as the inner and upper thighs

Scalp - affects the hairline, forehead, the back of the neck and the skin around the ears

Facial - affects any area of the face including the eyebrows, nose and upper lip

Hands, Feet & Nails - Palmoplantar psoriasis refers to psoriasis that affects these areas

Skin Folds - affects the skin folds of the under arms and breasts



# Plant-Based Recipes:

## COLORFUL CITRUS SALAD

### INGREDIENTS:

Coconut unsweetened, toasted  
red onion  
4-5 citrus fruits (use a mix of oranges, blood oranges, mandarins, tangerines or other ripe citrus)  
baby arugula  
Medjool dates  
pistachios, pecan pieces or sliced almonds  
fresh mint leaves  
olive oil  
apple cider vinegar  
shallot  
citrus juice  
Salt and pepper



### Instructions:

- Step One: Peel and slice your citrus. You'll need 4-5 oranges, mandarins, tangerines, etc. A mix is nice. I prefer to slice the peel off, but do as you like. Using a mix of sizes, flavors and colors is nice too.
- Step Two: Then grab a platter or plate and just start layering and have fun with it! Place a couple of handfuls of baby arugula or spinach on a platter to create the base. Start layering the sliced citrus, scatter the soaked red onion, toasted coconut and pistachios and scatter with mint. Soft, large Medjool dates are easy to prep, so always look for those.
- Step Three: Mix the Citrus Vinaigrette dressing ingredients together in a bowl or bottle and spoon some over the salad. Citrus juice, olive oil, salt and pepper, and apple cider vinegar and diced shallot.

## VEGAN PEANUT BUTTER COOKIES

*By: The Simple Veganista*

Makes 20 - 24 cookies

### Ingredients:

- 1 cup natural peanut butter, creamy or crunchy
- 1 cup coconut sugar or pure cane sugar
- 6 tablespoons almond milk, room temp
- 2 teaspoons vanilla extract
- 1 cup flour, spelt, unbleached all-purpose, almond flour, or 1-1 gluten-free blend
- 1 teaspoon baking soda\*\*
- generous pinch of mineral salt (only use if nut butter is unsalted)



### Instructions:

- Preheat the oven to 350 degrees F. Line a cookie sheet with silicone mat, parchment paper or leave ungreased.
- Make the dough: In a large bowl, add the peanut butter and sugar and mix until creamy. Stir in the almond milk and vanilla. Next, add the flour, baking soda, and salt, mix to combine. The dough will be tough to stir, using your hands to mix it together will be easier.
- Roll and flatten: Using a 1.5 tablespoon scoop, scoop out the dough and roll into balls, about 1 1/4 inch. Place the balls of dough about 2 1/2 inches apart on a baking sheet. Using the back of a fork, flatten in a crisscross pattern. Optionally, sprinkle with sugar or coarse salt.
- Bake: Place in the oven and bake for 10 - 13 minutes (13 minutes will yield a crispier cookie that's tender inside). Let cool a few minutes, transfer cookies to wire rack and repeat with remaining dough.
- Store: Cookies can be stored in an airtight container on the counter for 5 days. They do well loosely covered on the counter for 2 - 3 days as well. To keep longer, store in the refrigerator for up to 2 weeks.
- To freeze: Let cookies cool completely, store in freezer safe container for up to 2 months.

# Vegan Rice Bowl

Recipe by Lazy Cat Kitchen



SERVES 2-3 PREPARATION 20 MIN COOKING 30 MIN

## INGREDIENTS:

### TOFU

- 10.5 oz firm tofu (I use smoked tofu but regular works well too), pressed
- 1½ tbsp soy sauce (or tamari if GF)
- 2 tsp oil (optional)

### SOY DRESSING

- 2 tbsp soy sauce (or tamari)
- 1½ tbsp rice wine vinegar
- 2 tsp maple syrup (or sugar), adjust to taste
- 2 tsp toasted sesame oil (optional, you can use tahini or PB)
- 1 garlic clove, finely grated
- 1" ginger, finely grated
- 1-2 tsp chilli sauce (like Sriracha), more to taste

### BOWL INGREDIENTS:

- ½ English cucumber
- 8 radishes
- ½ bell pepper
- 1-2 spring onions / scallions
- 1 corn on the cob or ½ cup tinned (or frozen) kernels (optional)
- ¼ cup roasted peanuts\*, chopped
- 1½ cups cooked rice\* of choice (I used brown)
- nori seasoning or a crushed sheet of nori (optional)

## METHOD:

### TOFU

1. Cut pressed tofu into 0.5" cubes. Combine soy sauce and 1 tbsp of water in large, flat bottomed dish and coat tofu cubed in the liquid. Allow to marinate for at least 1 hr, stirring every now and then.
2. Heat up the oven to 390° F (or 355° F with fan) and grab a large baking tray. Lift tofu out of the marinade and arrange it on a lined baking tray, bake for about 15 minutes.
3. Stir oil through the tofu and return to the oven for another 15 minutes (if using an already pressed brand of tofu, like Tofoo, 5-10 minutes is enough).

### DRESSING

1. Place all of the ingredients in a jar, screw the lid on and shake well to emulsify. Leftovers keep well in the fridge for 1-2 weeks.

### SALAD

1. Chop the first three vegetables really finely – I like to julienne them (see the photo in the post) and slice spring onion thinly.
2. If using corn on the cob, grease it with a little oil and char on hot skillet/griddle on all sides. If using defrosted corn kernels, fry them in a small amount of oil until charred or use raw tinned corn if you'd rather.
3. Divide cooked rice, prepped vegetables and baked tofu between bowls, top with nori seasoning and crushed peanuts and drizzle with the dressing (you may not need all of it).

# 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 JULY 26, 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](http://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.

*Starting July 19, 2023*

*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](http://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

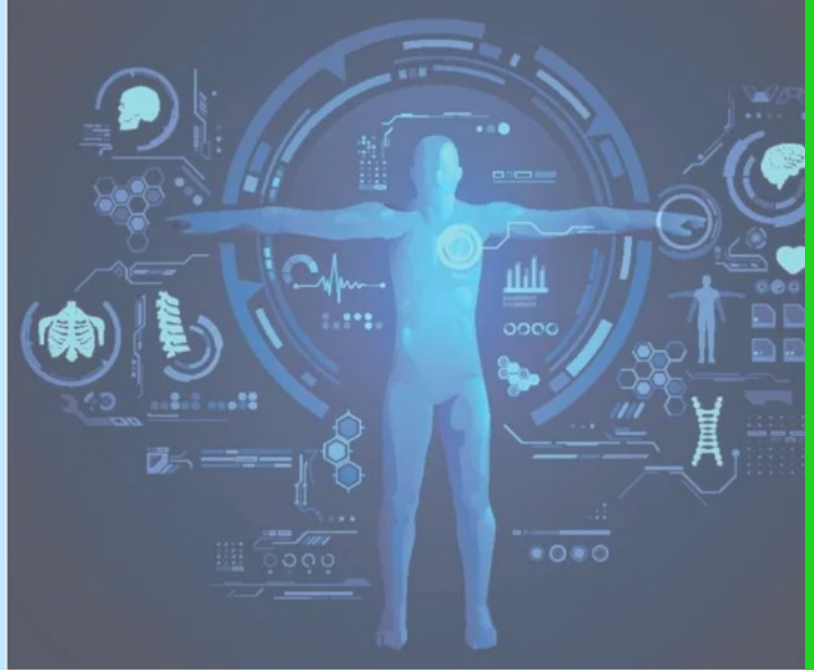
Sponsored by:



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](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**

### **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**