



MARCH 2023

THE MAPLE CENTER

Integrative Health



@themaplecenternonprofit Nonprofit: 812-234-8733

www.maplecenter.org



National Nutrition Month

The month of March focuses on the importance of a balanced diet and exercise.

- Bump up fiber intake by adding raw vegetables to salads and eating whole grain cereals with berries and nuts. It will make you fuller longer. Use whole fruits for a meal or dessert. It helps with sweet cravings.
- Increase calcium and Vitamin D intake. Add dark leafy greens and foods that are fortified with calcium and vitamin D. Soy and animal's milk have more nutritional properties than plant based beverages. If you should chose a plant based beverage, increase intake through other vitamin D fortified foods.
- Add more potassium to help the kidneys, heart, muscles and the function of your nerves. Have a banana for a snack. Try new recipes that include beet greens, Swiss chard, Lima beans.
- Limit added sugars, drink water instead. If you're not a fan of water, you can add berries, lemons or cucumbers to give it a natural sugar free flavor. Keep fruits and vegetables handy for snacks. This will prevent you from making unhealthy choices.

If you are interested in learning new and healthy recipes, The Maple Center will be offering **"Turning Over a New Leaf: Plant strong healthy eating for a healthy body"** classes. This is a 4 class course that includes speakers on nutrition, food demonstrations with samples and an informative book.

Classes start April 6, 2023

Please register online at Maplecenter.org

(More information on page 5)



National Nutrition Month



Tips to lead you in the right direction:

- Drink water to stay hydrated.
- Move your body.
- Choose foods over supplements.
- Add colorful fruits and vegetables to your diet.
- Plan meals and snacks.
- Purchase foods with minimal packaging.
- Learn new recipes and add new flavors to foods.
- Choose Organic foods when possible.

Energy Foods

Oats
Bananas
Greek Yogurt
Dark Leafy
Greens

Nut Butters
Pistachios
Chickpeas
Fresh Fruits
Almonds



Sourced from:



Plant-Based Recipes:

Vegan Blueberry Muffins

Author: Michaela Vais

Prep Time: 15 minutes Cook Time: 25 minutes Total Time: 40 minutes

MAKES 8 SERVINGS

DRY INGREDIENTS:

1 heaped cup oat flour
1 cup gluten-free flour blend or regular flour
1 1/2 tsp baking powder
1/4 tsp baking soda
1/4 tsp salt

WET INGREDIENTS:

3/4 cup plant-based milk of choice
1/3 cup maple syrup
2 1/2 tbsp oil
1 tbsp lemon juice or lime juice
1 1/2 tsp vanilla extract
1 1/2 cups blueberries fresh or frozen



INSTRUCTIONS

- Preheat oven to 360 degrees and line a muffin pan with paper liners or grease the pan.
- Add plant-based milk and lemon juice to a small/medium bowl. Stir to combine and set aside for a few minutes to make "vegan buttermilk".
- Meanwhile, add all dry ingredients to a large mixing bowl and stir with a whisk.
- Now add the wet ingredients and stir with a spatula or whisk to combine. Do not overmix the batter. Finally, fold in the blueberries.
- Divide the batter among the wells of the muffin pan. I had enough batter to make 8 muffins.
- Bake for 25-30 minutes or until you spot cracks on top of the muffins. You can also make a toothpick test. Insert the toothpick into the center of a muffin. It should come out fairly clean (it's ok if the toothpick is crumbly but it shouldn't come out wet).
- Let the muffins cool and enjoy! Store leftovers in an airtight container in the refrigerator for up to 5-6 days or freeze for up to 3 months. They won't stay soft if stored in the fridge, however, you can reheat them in the oven until warmed through to make them softer again.

Amount per Serving: Calories 200, Fat6g, Saturated Fat1g 5%,
Carbohydrates 35g, Fiber 3g, Sugar 12g, Protein 4 g

Honey Lime Rainbow Fruit Salad

Servings: 10 servings **Prep:** 20 minutes **Ready in:** 20 minutes

Ingredients:

1 lb fresh strawberries, chopped
1 lb chopped fresh pineapple,
12 oz fresh blueberries
12 oz red grapes, sliced into halves
4 kiwis, peeled and chopped
3 mandarin oranges*
2 bananas, sliced (optional)



Honey Lime Dressing:

1/4 cup honey
2 tsp lime zest (zest of 2 medium limes)
1 1/2 Tbsp fresh lime juice

Instructions:

- Add all fruit to a large mixing bowl.
- In a small mixing bowl, whisk together the honey, lime zest and lime juice.
- Pour over fruit and toss to evenly coat, serve immediately.

HUMMUS DIP

Serves 4 10 minute prep time

Ingredients:

15 oz canned chickpeas
1/2 tsp lemon rind, finely grated
2 tbs tahini
3 tbs lemon juice
2 tbs extra virgin olive oil
1 tsp ground cumin
1 tsp paprika
2 tsp mint finely chopped



Instructions:

1. Drain the tin of chick peas and reserve the liquid for later.
2. Blend all the ingredients in a blender.
3. Taste the hummus and if it is too bland add a little more lemon juice.
4. The hummus should be like a thick puree. If it is too thick, add some of the reserved chickpea liquid.

TURNING OVER A NEW LEAF

Plant strong healthy eating for a healthy body

Four Thursdays starting April 6, 2023
6:00 -8:00 pm
held in the Larry P. Fleschner Classroom at
70 W Honey Creek Parkway

\$50 for all four classes

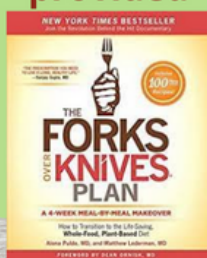
Scholarships Available

Class Topics Include:

- Protein Power
- The Best nutrition for your Heart, High Blood Pressure, Diabetes
- What you need to know about Digestion & Fiber
- All about Food Addictions

REGISTER AT
WWW.MAPLECENTER.ORG

**Speakers on
nutrition, Food
Demos, Food
samples and book
provided**



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.



The Maple Center
for Integrative Health Nonprofit 501 (c)3

This class is offered free of charge
thanks to our generous sponsor:



FREE!

MONDAYS 3-5:15 PM

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

Monthly Matters from The Maple Center



Support Your Health

Your paragraph text

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)



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



Larry P. Flechner
Memorial Foundation



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 programing costs and give scholarships to those less fortune 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.
- Go to **AmazonSmile** to purchase your amazon products. Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to The Maple Center Inc whenever you shop on AmazonSmile.
- 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!

Monthly Matters from The Maple Center



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**

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**