



# MAPLE CENTER

## Integrative Health



@themaplecenternonprofit Nonprofit: 812-234-8733

www.maplecenter.org



# JANUARY 2024



EAT well  
MOVE daily  
HYDRATE often  
SLEEP lots  
LOVE your body  
REPEAT for life



## January is Thyroid Awareness Month

The thyroid gland is a butterfly-shaped endocrine gland located in the lower front of the neck. The role of the thyroid is to make thyroid hormones. These hormones are secreted into the blood and then carried throughout the body. The thyroid controls the body's metabolism, increases heart rate, and affects how fast things move through the body such as food, bone loss, and sugar.



Thyroid conditions are all treatable. When diagnosing thyroid diseases, doctors use your medical history, a physical exam, and specialized blood tests. Some of these blood tests examine your the amount of thyroid-stimulating hormone (TSH) in your blood. With these tests, a doctor can tell from your TSH levels if you have hyperthyroidism or hypothyroidism.

Thyroid disorders can be treated by medications or, in some cases, surgery. Treatment will depend on the particular disease of the thyroid.

# THYROID AWARENESS MONTH

## Symptoms of Hypothyroidism:

- Tiredness/fatigue
- Sensitivity to cold/heat
- Weight gain and inability to lose weight
- Constipation
- Depression
- Anxiety
- Slow movements, speech and thoughts
- Itchy and/or sore scalp
- Muscle aches, pains and weakness
- Poor appetite
- Dry and tight feeling skin
- Brittle hair and nails
- Numbness in limbs



## Symptoms of Hyperthyroidism:

- Increased sweating
- Anxiety
- Oversensitivity to heat
- Palpitations
- Diarrhea
- Increased appetite
- Weight loss
- Dry, thin skin
- Hair loss
- Shakiness/trembling
- Fatigue
- Nervousness
- Insomnia
- Dry or gritty eyes/double vision

## Symptoms of Hashimoto's Disease:

- fatigue
- depression
- constipation
- mild weight gain
- dry skin
- dry, thinning hair
- pale, puffy face
- heavy and irregular menstruation
- intolerance to cold
- enlarged thyroid, or goiter



## Quick Facts of About Thyroid Disorders

- Women are 5-8 times more likely than men to experience thyroid problems
- 1 in 8 women will develop a thyroid disorder in her lifetime
- The cause of thyroid problems is largely unknown
- Cardiovascular diseases, osteoporosis and infertility are serious conditions that can occur if thyroid disease goes undiagnosed
- It is important for pregnant women to be diagnosed and treated adequately. If not, risks include miscarriage, preterm delivery and severe developmental problems in their children
- Most thyroid diseases are life-long and can be managed with proper medical attention
- Thyroid nodules are very common and are present in 60-70% of middle-aged women
- Most thyroid cancers respond to treatment, but a small percentage can be very aggressive



# Plant-Based Recipes:

## 1-POT EVERYDAY LENTIL SOUP

**AUTHOR: MINIMALIST BAKER**

PREP TIME: 10 min COOK TIME: 30 min TOTAL TIME: 40 min

Servings: 4

### Ingredients:

#### SOUP

- 2 Tbsp water (or sub oil of choice)
- 2 cloves garlic minced
- 2 small shallots or 1/2 white onion diced
- 4 large carrots (thinly sliced)
- 4 stalks celery (thinly sliced)
- 1/4 tsp each sea salt and black pepper (divided, plus more to taste)
- 3 cups yellow or red baby potatoes (roughly chopped into bite-size pieces\*)
- 4 cups vegetable broth (plus more as needed)
- 2-3 sprigs fresh rosemary or thyme (I used a bit of both)
- 1 cup uncooked green or brown lentils (thoroughly rinsed and drained)
- 2 cups chopped sturdy greens (such as kale or collard greens)



### Instructions:

- Heat a large pot over medium heat. Once hot, add water (or oil), garlic, shallots/onion (optional), carrots, and celery. Season with a bit of salt and pepper and stir.
- Sauté for 4-5 minutes or until slightly tender and golden brown. Be careful not to burn the garlic (turn heat down if it's cooking too quickly.)
- Add potatoes and season with a bit more salt and pepper. Stir and cook for 2 minutes more.
- Add vegetable broth and rosemary or thyme and increase heat to medium high. Bring to a rolling simmer. Then add lentils and stir. Once simmering again, reduce heat to low and simmer uncovered for 15-20 minutes or until lentils and potatoes are tender.
- Add your greens, stir, and cover. Cook for 3-4 minutes more to wilt. Then taste and adjust flavor as needed, adding more salt and pepper for overall flavor, vegetable broth if it's become too thick, or herbs for earthy flavor.
- Enjoy as is or serve with rice, cauliflower rice, or a side of flatbread or rolls (links above). I love garnishing mine with a little fresh parsley for a pop of color and freshness (optional).

# Homemade Vegan Snickers

Author: Tieghan Gerard

**These Snickers bars are easy to make, require no baking, have no processed sugars, and are even gluten-free!**

**Prep Time:** 30 mins **Total Time:** 3 hrs 30 mins **Servings:** 16 Snickers

## Ingredients:

3/4 cup cashew butter or almond butter  
(I use raw cashew butter)  
1/4 cup + 1 tablespoon melted coconut oil  
1/4 cup honey or maple syrup (I like to use honey)  
4-6 tablespoons coconut flour or almond flour  
3 teaspoons vanilla extract  
1/2 teaspoon flaky sea salt, plus more for topping  
1 1/2 cups real maple syrup  
3/4 cup canned full fat coconut milk,  
use only the coconut cream, no water  
1 tablespoon creamy peanut butter  
1 cup roasted peanuts  
12 ounces dark chocolate, chopped



## Instructions:

- Line an 8x8 inch square pan with parchment paper.
- To make the "nougat" layer. In a bowl, melt together the cashew butter, 1/4 cup coconut oil, and 1/4 cup honey/maple in the microwave until combined, about 30 second to 1 minute. Stir in 1 teaspoon vanilla, 4 tablespoons coconut flour, and salt until combined. The mix should be creamy and drizzly, but if it feels too runny, add 1 tablespoon flour. Spread the mix into the prepared pan. Sprinkle 2/3 cup peanuts ovetop. Freeze until firm, about 20 minutes.
- In a medium pot, combine the 1 cup maple syrup and 1/2 cup coconut cream and bring to a boil over high heat. Boil 8-12 minutes or until thickened to a caramel like sauce. Remove from the heat and stir in the peanut butter and the 1 teaspoon vanilla. Let the mix cool slightly, then pour over the "nougat" layer. The caramel should begin to stiffen. Freeze while you make the gooey caramel layer.
- Working with the same pot, combine 1/2 cup maple and 1/4 cup coconut cream. Bring to a boil over high heat. Boil 7-11 minutes or until thickened to a caramel like sauce. Remove from the heat and stir in 1 teaspoon vanilla. Pour the sauce over the first caramel layer, then sprinkle 1/3 cup peanuts over the caramel. Freeze 1-2 hours, until the caramel is firm.
- Cut into 16 bars. Freeze 15 minutes.
- Melt the chocolate and coconut oil in the microwave until melted and smooth. Let cool 5 minutes. Cover/dip each bar in chocolate, return to the freezer to let the chocolate set up, about 10 minutes. Keep stored in the fridge for up to 2 weeks.

# Beat the Winter Blues Berry Smoothie.

By: Kelly Roenicke

**PREP TIME:** 10 mins **TOTAL TIME:** 10 mins **SERVINGS:** 1

## INGREDIENTS:

3/4 cup frozen strawberries  
1/4 cup blueberries  
3/4 cup frozen mango  
1/2 cup frozen pineapple  
3/4 cup calcium fortified orange juice or water, or non-dairy milk  
1 Tablespoon chia seeds optional  
1/2 Tablespoon coconut flakes optional



## INSTRUCTIONS:

- Place the frozen fruits in the blender and let them thaw for about 15 minutes. If you have a super powerful blender, you may be able to skip this, but it does make it easier to blend it if it's a bit thawed.
- Add the juice and chia seeds and blend on high until smooth. If the smoothie is too thick, add a little more liquid so that it blends easily.
- Top with more chia seeds and coconut flakes if desired.

## NOTES:

**Feel free to use whatever fruits you enjoy. You could use frozen raspberries, peaches, or kiwi.**



\$275 value  
for \$100

\*Payment plan  
options available

Jan 4th - Feb 6th, 2024  
6pm-7pm



## With Chloe Hurst, RDN

Chloe is a registered dietitian, a middle school cross country coach, a yoga instructor, and a USAT triathlon coach

**Enroll Now**

at  
[maplecenter.org](https://maplecenter.org)

# 30 Day LIFE CHANGE CHALLENGE

**Change Your Habits,  
Change Your Life**

- Healthy Meal Plans
- Weekly Zoom Meeting
- Mindful Practices & Manage Stress
- Monitor Biometrics





# Healthy Cooking Classes

2024

2nd Tuesday each month

Noon- 1:30pm

Jan 9th - Healthy Breakfast

Feb 13 - Dinner on a Budget

March 12 - Gut Health

April 9 - Ayurveda for the Changing Season: Spring

May 14 - Growing & Using Herbs

June 11 - Low Histamine Cooking

July 9 - Growing & Cooking with Edible Mushrooms

Aug 13 - Garden to Table Cooking

Sept 10 - Guilty Pleasure Food & Drink Replacements

Oct 8 - Healthy Holiday Meals

Nov 12 - Healthy Desserts

Dec 10 - Ayurveda for the Changing Season: Winter

Cost: \$35 per class or \$150 for 6 classes



Register at [maplecenter.org](https://maplecenter.org)

70 W Honey Creek Parkway  
Terre Haute

# Mind-Body Skills Workshop

With Lindsey Skelton, LACA, CAPRC-1, RYT, CMT, ADS



Day 1  
Saturday  
January 20,  
2024  
9:00 AM  
to  
4:00 PM  
with a 1 hour  
lunch 12-1PM

Day 2  
Sunday  
January 21,  
2024  
1:00 PM  
to  
4:00 PM

**Join Lindsey for an experiential investigation of the integral relationship between mind, body and wellness.**

**You will learn and practice the following Mind-Body Modalities**

- Movement, exercise and breathing
- Autogenic training
- Meditation
- Relaxation
- Guided imagery
- Yoga
- Mindful and healthy eating as a component of self-awareness

**Workshop Cost: \$20.00**

**scholarships available**

**Location: 70 West Honey Creek Parkway**

**Space is limited**

**Please register online at  
[www.maplecenter.org](http://www.maplecenter.org)**



The Maple Center for Integrative Health  
70 West Honey Creek Parkway  
Terre Haute, IN 47802  
812-234-8733

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# *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](http://www.maplecenter.org)



Larry P. Fleschner  
Memorial Classroom





## **MINDFULNESS MEDITATION**

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 Mindfulness  
Meditation, a  
weekly meditation  
group!

Group Meeting:  
Each Tuesday  
Time:  
5:30 PM-6:30 PM

at ISU - Root Hall  
Room B-027

FREE and  
open to the  
public!



# 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:

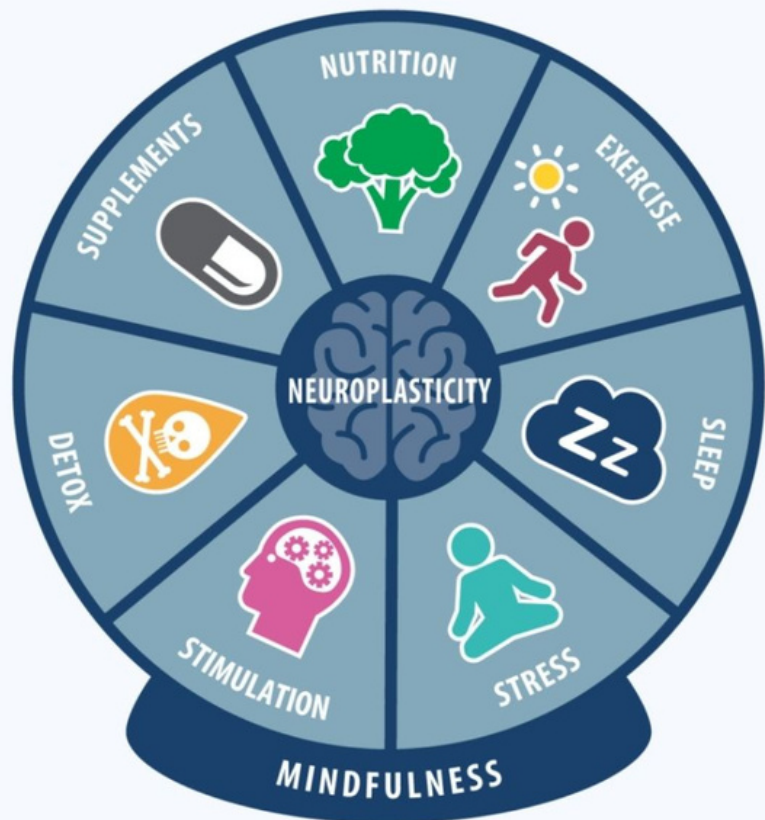


located at  
The Maple Center for Integrative Health Nonprofit  
70 W Honey Creek Parkway  
Terre Haute, IN 47802

# Concerned about Cognitive Decline?

## BREDESEN SEVEN

A multi-faceted, holistic, and functional approach used to enhance cognition and reverse cognitive decline. The treatments called for in the Bredesen Protocol are very individualized and have shown success in clinical trials of Alzheimer's disease patients.



WE TAKE CARE OF YOUR HEALTH



**SCHEDULE  
AN APPOINTMENT**

**Dr Kathleen  
Stienstra  
812-235-4867**



*Providing integrative health education combining  
the best of modern medicine and complementary care.*

Dear Valued Supporter,

Thank you for your part in helping The Maple Center for Integrative Health provide ongoing educational support for the Wabash Valley.

We are excited about the future now that we are at our new facility at 70 W Honey Creek Parkway.

We have the opportunity to offer more to our community and would appreciate your support.

Your donation will be matched dollar for dollar up to \$10,000.

100 % of your money stays local in our community.

Money raised goes directly to programs and scholarships for participants.



Where your donations were used

2023 Classes & Workshops included

- Free weekly recovery ear acupuncture (NADA protocol) for addictions of all kinds
- Free Chair yoga in person, live streamed and recorded
- Low cost LEAF Cancer nutrition classes, LEAF Turning Over a New LEAF and group cooking classes
- Low cost Stress management yoga and family yoga classes
- Low cost Tai Chi classes
- Low cost Qigong classes
- Free OLLI programming nine times a year
- Free monthly CODA programming
- Free City of Wellness: A Show case for Healthy Living in the Wabash Valley annual community event with guest speakers, experiential rooms and integrative health exhibition hall
- Free recorded resources and monthly newsletter on our website at [www.maplecenter.org](http://www.maplecenter.org)
- Class scholarships for the underprivileged members of our community

Send your gift directly to us using the enclosed return envelope or use our online donation button at [www.maplecenter.org](http://www.maplecenter.org). You may also contact our office at 812-234-8733 to make arrangements for other gifts.

In gratitude,

Deanna Ferguson  
Executive Director

Kathleen  
Stienstra Board  
President

**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**

Monday thru Thursday  
By Appointment

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

### **Nutritional Healing Consultations**

**By Appointment**

**Chloee Hurst RDN,  
LD  
Call 812-235-4867**