



The Maple Center

For Integrative Health

www.themaplecenter.org Nonprofit: 812-234-8733

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@themaplecenternonprofit

January 2021



Monthly Quote:



"You are never too old to set another goal or to dream a new dream."

C.S. LEWIS



Jumpstart Your Health

Starts February 4th!

Register by January 22nd



Chair Yoga—Thursdays at 10 am

Live on Facebook and in the Fleschner Classroom
from The Maple Center

Recordings, live classes and more can be found on
The Maple Center's Facebook and YouTube Pages.
Click the links below to check them out!

[The Maple Center's YouTube Page](#)

[The Maple Center's Facebook Page](#)

[The Maple Center's Website](#)

**Plant
Powered
Community
Meeting**
January 13, 2020
7pm via Zoom

"Optimizing individual health thru community education and clinical services."

Banana and Peanut Butter Flapjacks



Ingredients:

3 ripe bananas
1 cup of peanut butter
1/4 cup maple syrup
1 teaspoon of cinnamon
1/2 teaspoon nutmeg
2 1/4 cups of gluten free jumbo oats

Instructions:

Pre-heat oven to 320°F.

Firstly add your peanut butter, maple syrup, and bananas to a food processor and blend well.

Transfer this to a bowl and add your oats to the mixture and mix well until evenly covered.

Transfer the mixture to a prepared baking tray and press mixture down firmly until it is even.

Bake for 25-30 minutes until golden brown.

Leave to cool completely.

Slice and enjoy.

Sourced from: <https://www.onegreenplanet.org/vegan-recipe/banana-peanut-butter-flapjacks-gluten-free/>



Ingredients:

1/4 cup coconut oil
1 cup unsweetened plant-based yogurt (I used coconut yogurt)
8 tablespoons lemon juice
2 tablespoons lemon zest (make sure to use unwaxed lemons)
12 tablespoons maple syrup (or sub any other sweetener)
1 teaspoon vanilla extract
Pinch salt
1 1/4 cup ground almonds (almond meal)
1 1/4 cup gluten-free flour blend (or sub plain flour if not gluten-free)
2 heaped teaspoons baking powder (ensure gluten-free if necessary)
1/4 teaspoon baking soda

Gluten-Free Vegan Lemon Pound Cake

Instructions:

Preheat oven to 350 degrees Fahrenheit

Place the coconut oil in a large bowl and melt over a saucepan of boiling water or in the microwave (skip this step if using any other oil)

Once melted, add the yogurt to the same bowl along with the lemon juice, lemon zest, maple syrup, vanilla, salt and ground almonds

Sift in the flour, baking powder and baking soda, Mix well, adding a tiny splash of any plant-based milk if it's looking too dry

Transfer the mixture into a loaf tin lined with greased baking paper (I used a one-pound loaf tin)

Bake in oven for around 45 minutes until risen and golden brown and an inserted skewer comes out clean

Once out the oven, leave to cool completely before cutting

Keeps covered in the fridge for up to a few days - best reheated in the toaster!

Sourced from: <https://www.rhiansrecipes.com/gluten-free-vegan-lemon-pound-cake/>



Smoky Bourbon BBQ Sauce

Ingredients:

- 1 C Light Brown Sugar or coconut sugar
- 2/3 C Apple Juice
- 2/3 C Ketchup
- 1/3 C Bourbon Whiskey
(optional - omit or sub more apple juice)
- 3 TBS Balsamic Vinegar
- 1 1/2 tsp Sea Salt
- 2 TBS Worcestershire Sauce
(vegan friendly & gluten free if needed)
- 2 tsp Adobo Sauce
(gluten free if needed)
- 2 tsp Yellow Mustard
- 1 1/2 tsp Liquid Smoke
(optional but bumps up smokiness!)
- 1/4 tsp Tabasco
(optional - to turn up the heat!)

Instructions:

- In a small saucepot, whisk together the brown sugar, apple juice, ketchup, bourbon, vinegar, salt, worcestershire, adobo, and mustard together on medium-high heat. As soon as it starts to boil, turn the heat to medium-low and bring the sauce to a simmer. This sauce will boil over and make a mess if left to boil, so watch it closely.
- Simmer for 15 minutes. Whisk as needed to incorporate all the ingredients. The sauce will start to thicken. Remove from heat and allow to cool. It will continue to thicken. Add the optional liquid smoke and tabasco. Adjust Tabasco heat to taste.
- Store for up to two weeks in the refrigerator in a lidded container or up to six months in the freezer (be sure to leave at least a 1/2" head space if freezing).

Sourced from: <https://vanillaandbean.com/smoky-bourbon-bbq-sauce/>

Black Eyed Peas



Ingredients:

- 1 C Dry Black Eyed Peas soaked overnight, rinsed
- 2 C Vegetable Broth
- 1 C Yellow Onion small dice (about 1)
- 1 C Green Bell Pepper small dice (about 1)
- 2 Cloves of Garlic
- 1 Bayleaf
- 1 tsp Vegan Worcestershire Sauce (gluten free if needed)
- 1/2 tsp Liquid Smoke
- A few dashes of Tabasco optional but recommended!

Instructions:

In a medium saucepot, add the soaked black eyed peas, vegetable broth, onion, bell pepper, garlic, bayleaf, and optional tabasco.

Bring to a boil, turn down to low or to a low simmer and cook for 45 minutes to one hour, uncovered. The peas should be tender with just a slight tooth, not mushy.

Add the worcestershire, and liquid smoke. Taste for seasoning adjustment.

Sourced from: <https://vanillaandbean.com/black-eyed-peas-with-smoky-collards-and-cheesy-grits/>



Smoky Collard Greens

Ingredients:

1/2 C Vegetable Broth
1/2 tsp Liquid Smoke
1/2 tsp Tamari Sauce
4 Cloves of Garlic minced
1 lb Collard Greens cut into ribbons and washed thoroughly
1 tsp Apple Cider Vinegar
Pinch of Red Pepper Flakes
optional but recommended!

Instructions:

In a large stockpot, bring the broth, liquid smoke, tamari sauce, and garlic to a boil.

Add the collard greens, stir thoroughly using tongs, lid the pot and cook on med-low for between 10-15 minutes.

Stir the greens at least twice while they cook down and become tender. Their color will darken a bit too. Add the apple cider vinegar and pinch of red pepper flakes.

Taste for seasoning adjustment (add salt if needed).

Sourced from: <https://vanillaandbean.com/black-eyed-peas-with-smoky-collards-and-cheesy-grits/>



Cheesy Grits

Instructions:

In a medium saucepot bring water and salt to a boil.

Turn down to low and whisk in the grits. Stir in the nutritional yeast.

Cook on low, covered, for 5 minutes.

Adjust seasoning to taste.

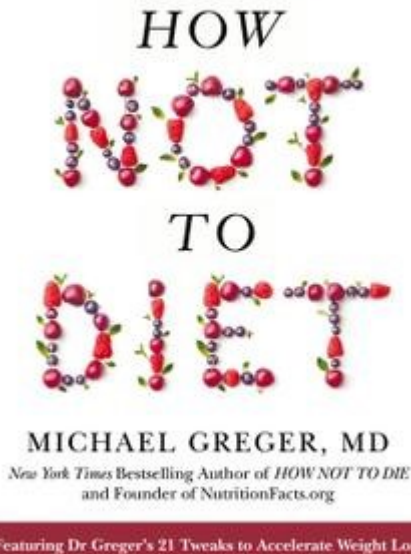
Grits can dry out pretty quick, so if you need, add a TBS of water at a time and stir in after they're done cooking.

Ingredients:

3 C Water
1/2 tsp Sea Salt
1 C White or Yellow Corn Grits
1 1/2 TBS Nutritional Yeast

Sourced from: <https://vanillaandbean.com/black-eyed-peas-with-smoky-collards-and-cheesy-grits/>

The Groundbreaking Science of Healthy,
Permanent Weight Loss



8 of the biggest diet myths busted by Dr Michael Greger in *How Not to Diet*

by Sian Gardiner

Fed up of starting the year with the latest unsuccessful diet fad? Here we share the scientific evidence from Dr Michael Greger's new book to debunk the diet myths and help us put an end to yo-yo dieting for good. For many of us, January is a time when our thoughts turn to making healthier choices, and perhaps shifting a few pounds. But with all the conflicting messages out there, it can be hard to know where to start. Does intermittent fasting work? Is gluten really bad for you? And is a calorie really just a calorie?

That's where Michael Greger MD comes in.

Over the course of the book, backed up by over 5,000 academic citations, Dr. Greger cuts through the diet industry's dogma and presents the scientific evidence behind long-term weight loss, busting plenty of commonly held beliefs about diet and nutrition along the way – and hopefully ensuring that we can avoid the annual dieting cycle. Here are some of the biggest myths . . .

Myth #1: Low-carb diets are the only way to lose weight

Put people on a ketogenic, 800 calorie-a-day, low-carbohydrate diet, says Dr Greger, and they lose ten pounds in ten days, compared to only six pounds lost on the same number of calories of a higher-carb diet. Same calories, yet four more pounds lost. 'What the bathroom scale isn't telling you, though, is that those four extra pounds were all water.' Indeed, he adds: 'In the first week of a ketogenic diet, most of the weight lost is in water, not fat.'

So why are we still so keto crazy? When the diet fails, he says, the dieters often blame themselves, but the intoxication of the initial rapid weight loss may tempt them back. It's like getting drunk again after forgetting how terrible the last hangover felt. 'The diet business thrives off of two things – preposterous promises and repeat customers – and one leads naturally to the other.'

Myth #2: Intermittent fasting should take place in the morning

It might have become a popular diet technique in recent years, but according to Dr Greger's research, the only kind of intermittent fasting that really seems to work is time-restricted feeding. This means squeezing your daily food intake into a certain time window, between 10am and 6pm, for example. Dr Greger also suggests making it early time-restricted feeding: 'If anything, skip supper and have breakfast. Unfortunately, people do it the other way around.'

Myth #3: All calories are equal

In a lab, writes Dr Greger, a calorie is a calorie, but in life, far from it. Even if you eat and absorb the same number of calories, a calorie may still not be a calorie. 'The same number of calories eaten at a different time of the day, in a different meal distribution, or after different amounts of sleep can translate into different amounts of body fat,' he says. It's not only what we eat but how and when.

How does that work? Dr Greger uses carrots vs Coke to illustrate the science. 'While it's true that in a tightly controlled laboratory setting, 240 calories of carrots – ten carrots – would have the same effect on calorie balance as the 240 calories in a bottle of Coke, this comparison falls on its face out in the real world. You could chug down those liquid calories in less than a minute,' he argues, 'but eating 240 calories of carrots could take you more than two and a half hours of constant chewing. Not only would your jaw get sore, but 240 calories of carrots is about five cups – you might not even be able to fit them all in your stomach.'

Continued with source information on next page.

Myth #4: If everyone exercised, obesity wouldn't exist

Food and beverage companies have spent years trying to blame obesity on inactivity, a tactic Dr Greger describes as 'leanwashing.' Meanwhile, Dr Greger writes, 'the scientific community has come to a fairly decisive conclusion that the factors governing caloric intake far more powerfully affect overall calorie balance.'

There's even debate in the scientific literature as to whether changes in physical activity had 'any role whatsoever' in the obesity epidemic, he points out. Over time, the increase in caloric intake per person is more than enough to explain the U.S. and global epidemics of obesity over the same period. In fact, if anything, the level of physical activity over the last few decades has gone up slightly in both Europe and North America, rather than declined.



Myth #5: Your genes trump your diet

You might have heard about the 'fat gene.' But does this really exist? According to Dr Greger's research, 'to date, about one hundred genetic markers have been linked to obesity, but when you put all of them together, they account for less than 3 percent of the difference in body mass index between people.' The 'fat gene' you may have heard about (called FTO, short for 'FaT mass and Obesity associated') is the gene most strongly linked to obesity, but it explains less than one percent of the difference between people.

Essentially, when it comes to obesity, 'the power of your genes is nothing compared to the power of your fork'. Even the small influence the FTO gene does appear to be weaker among those who are physically active, and may be abolished completely in those eating healthier diets. Those eating more healthily appear to be at no greater risk of weight gain, even if they inherited the 'fat gene' from both their parents.

Myth #6: You need to cut out gluten to be healthy

Ten years ago, asks Dr Greger, how many people had even heard the word gluten? And now, some surveys suggest as many as 25 percent of the population is trying to avoid it. This has led to an explosion of more than ten thousand products labelled as gluten-free.

'Ironically, gluten-free products may be less healthy, with more sugar and salt, less fibre, and fewer nutrients, but they're mostly just different shades of the same processed junk. A gluten-free donut is still a donut. And a nutritional analysis of foods marketed to children found that about 90 percent of products—both gluten-free and not—were classified as 'unhealthy.'

Myth #7: The amount you eat is all that counts

'It's not what you eat but what you absorb,' argues Dr Greger. So you can lose more weight on a high-fibre diet eating the exact same number of calories, simply because some of those calories get trapped and never make it into your system.

What happens, for example, if you feed people white bread with butter versus whole-wheat bread with butter, along with lots of fruits and vegetables, and measure how much butter comes out the other end? 'The higher-fibre whole-wheat group poops out more than twice as much fat as the white-bread group, since some of the butter calories get trapped in all that fibre.'

Myth #8: You shouldn't weigh yourself regularly

The scale is an important feedback tool and studies keep showing that regular and frequent self-weighing is linked with successful weight loss and maintenance, Greger writes in his book. His twice-a-day recommendation – stepping on the scale after waking and before going to bed – is based on one study that found this habit was better than checking it once a day. But doesn't this risk it becoming an obsession? 'There's legitimate concern that it can have negative psychological consequences for people with eating disorders,' Greger writes.

'But it turns out that with the exception of normal-weight adolescent women and those with a history of eating disorders, having people weigh themselves every day actually has positive psychological benefits.'

For more from Dr. Greger, visit: www.nutritionfacts.org

Sourced from: <https://www.panmacmillan.com/blogs/lifestyle-wellbeing/diet-myths-does-intermittent-fasting-work>

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The Maple Center for Integrative Health Nonprofit!
A generous donor has offered to match all gifts up to \$15,000!!!**

Please take advantage of this incredible opportunity by donating today
and doubling your gift's impact toward the support our programs.

Every gift helps The Maple Center for Integrative Health Nonprofit
continue offering programs like these listed below:

- Lifestyle Education And Food (LEAF) classes such as Jumpstart, Kickstart, Cook & Eat, providing education and support for maintaining a plant-based diet
- Recovery support programs such as Acupuncture Detoxification and Yoga for 12-step Recovery,
 - Mind-Body classes like Yoga, Tai Chi, and MBSR,
 - Community collaborations and so much more!

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7 Tips to Make Sure You Actually Keep Your New Year's Resolution This Time

This is what people who keep their resolutions do.

BY AMY MORIN,

Setting New Year's resolutions is fun. Keeping them is hard. As a therapist, I've observed what helps make resolutions stick. I've seen countless people succeed at losing weight, getting out of debt, improving their health, and increasing their grades. I've also witnessed many people give up on their goals. In fact, a study conducted by researchers at the University of Scranton found that 23% of people quit working on their resolution just two weeks into the new year. And only 19% of resolution setters stuck to their goals over the long haul.

So what's the difference between those individuals who abandon their goals and those who achieve them?

Here are seven things that will help your resolution stick this year.

1. Create a measurable goal.

Don't bother creating a vague resolution like, "I want to get healthier," or "I want to be happier." Some days you'll feel as though you're reaching your goals, but other days you won't--and an intangible, vague goal will cause you to feel lost. Create measurable goals like, "I want to go to the gym three nights per week," or "I want to see my friends twice a month." Then, you'll have a clear target to aim for.

2. Identify clear action steps.

You can't lose weight or get out of debt without actions steps that will help you get there. Create a plan that includes objectives that will create change.

Whether you are going to eat a salad for lunch every day or you're going to stop eating out until you've paid off your credit card bill, commit to taking action that will help you get closer to your goal.

3. Set yourself up for success.

It's easy to feel motivated early on in the process. But after a week or two, your motivation will naturally wane.

To prepare yourself for that dip in motivation, set yourself up for success well in advance. Make bad habits inconvenient and good habits convenient.

Store the cookies in a hard to reach place. Keep your workout gear packed and ready to go. You'll be more likely to do things that feel easy, even when your motivation declines.

4. Plan for obstacles.

There will always be temptations and obstacles that could easily derail you from your resolution. It may be an invitation to dinner that could blow your budget--or your diet. Or it may come in the form of a special project at work that leaves you with fewer hours to devote to your goals.

Think about the obstacles you're likely to encounter in the first weeks after establishing your resolution. Consider how you'll navigate these challenges, and develop a plan.

Planning ahead for the probable challenges can help you feel equipped to handle the unexpected obstacles that crop up along the way as well.

5. Start when you're ready.

There's no need to launch your resolution on January 1st. In fact, starting on January 1st might put you at a disadvantage.

Start working on your goal when you're ready. That's not to say you need to wait until you feel fully confident before starting (that may never happen). But make sure you're committed to the goal, and you've thought through what you'll need to do and how you're going to do it.

Whether that means you start on January 3rd or you wait until mid-Spring, don't create a resolution just because you feel pressured to do so in January.

6. Track your progress.

You need to know if you're headed in the right direction. So it's important to find a way to track your progress.

Use an app or a calendar to check off the days you work on your goal. Or create a chart, spreadsheet, or graph that helps you visualize your progress.

When you're able to see how you're doing and the steps you're taking, it can remind you how far you've come. Reviewing your effort can also help you stay on course when it feels as though you're not making any headway (which is common).

Keep in mind that progress doesn't always come in a straight line. Sometimes, things get a little worse before they get better--but this doesn't mean you should give up.

7. Learn from your mistakes.

Mistakes are part of the process. But too often people think one mistake means they're destined to fail.

When you make a mistake--like you skip the gym for a week, or you make a ridiculous impulse purchase you can't return--learn from your misstep.

In fact, one study showed that people who were successful in maintaining their resolutions tended to slip up at least 14 times. The vast majority of these successful individuals said they'd found ways to turn their mistakes into opportunities to grow stronger and become better.

Commit to Making This Your Year for Lasting Change

If you've struggled to keep your resolutions in the past, don't lose hope. With a little extra planning, you can change your habits--and ultimately change your life. Commit to making this year the year that your resolution is going to stick.

Sourced from: inc.com/amy-morin/7-tips-to-make-sure-you-actually-keep-your-new-years-resolution-this-time.html



OLLI
INDIANA
STATE

Wednesday Presentations

1:30 pm via Zoom

January 13th

Aging in the 21st Century

with The Will Center

February 10th

Pain Management

with Dr. Jennifer Hutchens, PsyD, HSPP

March 10th

Frequency Specific Microcurrent

with Dr. Kathleen Stienstra, MD

Chair Yoga



Live on our Facebook page
from the Fleschner Classroom
every Thursday at 10am.

or



Catch the replay on our YouTube page
or in our Facebook video archives.

This is a unique program for all, who would like to discover yoga but need modification due to illness, injury, limited range of motion, age, etc. We will use a chair and other props, if needed, to support you in your practice!

This is a free class and is accessible online at anytime.



The class instructor will be Devaki, she is an international experienced yoga teacher (E-RYT 500+) since 2000. She holds a master's degree in psychology from the University of Cologne, Germany. She is also a licensed massage therapist and certified Ayurvedic health counselor.

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Funds raised help support our programing costs and give scholarships to those less fortune to attend programs that change their lives.

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Integrative Medical Consultation and Medical Acupuncture

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Kathleen A. Stienstra, MD
Clinical Appointments
Call 812-235-4867

Healing Touch, Cranial-Sacral Therapy, & Shamanic Practices

By Appointment

Liz Samsell, MS, LCSW, HTP
Call 812-236-8985

or

Sharon Samsell, MDiv, LMHC, CHTP/I
Call 812-878-2034

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Tuesdays, Wednesdays, & Thursdays or

By Appointment

Fee: \$60.00: 1hr. Treatment

Penny Money

Call 317-670-3764

Therapeutic Massage Therapy

Nancy

Fridays & Saturdays

By Appointment

Nancy Humphries, LMBT

Call 812-251-9190

Mental Health Counseling

By appointment

Fee: \$60 per hour

Jan Croft, MS, LMHC, NCC

Call 812-240-5804

Music Therapy

By Appointment

Fee: \$50.00 : 50 Minute Session

Tracy Richardson, PhD, MT-BC
Clinical Appointments

Call 812-249-4290



Registered Dietitian Nutritionist

By appointment

Sylvia Middaugh, MS, RDN, CD

Call 812-229-4059

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.