

APRIL 2021



THE MAPLE CENTER

for Integrative Health



@themaplecenternonprofit Nonprofit: 812-234-8733

www.maplecenter.org



Plant Powered
Community Meeting
via Zoom

April 14th

Held the second
Wednesday of the month
at 7:00pm

Each month a different topic

Contact
programs.maplecenter@gmail.com
for the link to the meeting

THE GREATEST
WEAPON AGAINST
STRESS IS OUR
ABILITY TO CHOOSE
ONE THOUGHT
OVER ANOTHER.

- WILLIAM JAMES -

Stress Awareness Month

This month, we are all challenged to keep our stress levels low, and our peace levels high. Here are some great ways to keep your mind clear and de-stress if you find yourself getting too overwhelmed.

1. **Exercise.** You've probably heard this one before, and even though it's probably not exactly what you want to do when you're feeling stressed, exercising gets endorphins pumping through your brain, which triggers a happy feeling. Exercise lowers your body's stress hormones like cortisol, and releases chemicals that make you feel more at peace.
2. Think about taking **natural supplements** to help you feel more at ease. Natural remedies like lemon balm, omega-3 fatty acids, ashwagandha, green tea, and essential oils can be very helpful.
3. Light a candle, turn on the oil diffusers, put on some soft, soothing music, and dim the lights. **Take a deep breath** and count your blessings.
4. **Caffeine intake reduction** can help (even though it's tough to kick the coffee!) because caffeine tends to make us jittery, which can cause stress and anxiety.
5. **Spend time laughing** with friends and family. Let yourself have a good time and get your mind off the busyness of the real world.

The Best Plant Foods to Eat for Stress

From: 30 ANTI STRESS VEGAN RECIPES TO HELP YOU CHILL

By Lora O'Brien



Bananas are nature's natural antidepressant, thanks to the amino acid they contain called tryptophan, which makes your body produce serotonin, which in turn helps to boost your mood. Due to their natural sugars and fiber content, they provide sustained glucose as they slowly release into the bloodstream. Plus, they're deliciously creamy and naturally sweet, making them the perfect snack to satiate a sweet tooth.

Sweet Potatoes are another natural mood-lifter. They're versatile vegetable is packed with naturally stress-lowering benefits and rich in various nutrients that can help to lower depression. Not to mention the fact they're a nutritional powerhouse and high in potassium, magnesium, vitamin B6, amino acids and, like bananas, contain tryptophan. The high magnesium and potassium value in sweet potatoes also help them reduce blood pressure levels, which is a common indicator of stress.

Avocados have become a popular food in the last few years, and it turns out that avocados deserve their credit! Avocs are loaded with B vitamins, which are great for battling against stress and anxiety as they help to nourish healthy nerves and brain cells. Smashed avo on toast, anyone?

Oats are a great source of complex carbohydrates that help to boost serotonin production and help lower cholesterol and blood pressure. This helps improve the health of your heart and reduces inflammation within the body.

Leafy greens – especially spinach – are high in magnesium, which has been found to improve sleep quality in older adults. You should also know that research from the University of Otago found eating fruits and vegetables of any sort (except fruit juice and dried fruit) helped young adults calm their nerves. Moreover, Dr. Carolyn Dean, a medical and naturopathic doctor, details in her book *The Magnesium Miracle* the 22 medical areas that magnesium deficiency can trigger, including anxiety, panic attacks, and depression.

Black beans may be your new ally when you feel those stress levels rising! Black beans are high in magnesium, which helps to relax the nervous system while at the same time balancing stress hormones. Add them to salads, rice, soups, chili.

Tofu is great for the liver, and eating soybeans can help reduce blood pressure. Their high levels of tryptophan, making them a natural sedative. Not a fan of tofu? Try marinating it.

Chia seeds are a well-known superfood, but they're also a great stress reliever and is high in magnesium, potassium, B vitamins, calcium, and even iron and fiber. It's also great to improve heart health, which is always a good thing! Throw chia seeds into oatmeal and smoothie or sprinkle over salads.

Berries are a rich source of vitamin C and antioxidants which help protect the brain and improve your mood. They're great for health and so wonderfully versatile; you can use them in an abundance of ways from adding them to sweet dishes or topping them onto savoury salads.

Cacao is another potent superfood and one we should all try to eat a little bit more. Yep, you read that right – chocolate is basically medicine! Cacao is rich in tryptophan, which explains why we all feel good when eating chocolate. The serotonin also helps the body to produce dopamine, another feel-good hormone. These both improve mood and lower stress, all while giving you a boost of energy. Use in oats and smoothies to make them chocolatey, or use it to make decadent desserts.

Citrus fruits In one study of people with high blood pressure, blood pressure and levels of cortisol (a stress hormone) returned to normal more quickly when people took vitamin C before a stressful task. Since citrus fruits like oranges, lemons and limes are high in the stuff, why not add a touch of lemon or lime to just about anything?

Seeds and nuts Research shows that argumentative people who consumed tryptophan become markedly more pleasant, with researchers noting: "Tryptophan significantly decreased quarrelsome behaviors and increased agreeable behaviours and perceptions of agreeableness."

Life really doesn't have to revolve around stress, and I think we could all find ways to reduce stress in our everyday lives. I know firsthand that mental health is just as important as physical health, and we all need to take care of ourselves both mentally and physically.

If you're still struggling, please reach out to a friend, family member, responsible adult or helpline if you need support and coping mechanisms. Food definitely isn't the only way to combat negative symptoms, but it's a great place to start!

Sourced from: <https://eluxemagazine.com/recipes/recipes-to-help-reduce-stress/>

The Effects of Stress on Your Body

You're sitting in traffic, late for an important meeting, watching the minutes tick away. Your hypothalamus, a tiny control tower in your brain, decides to send out the order: Send in the stress hormones! These stress hormones are the same ones that trigger your body's "fight or flight" response. Your heart races, your breath quickens, and your muscles ready for action. This response was designed to protect your body in an emergency by preparing you to react quickly. But when the stress response keeps firing, day after day, it could put your health at serious risk.

headaches

Stress can trigger and intensify tension headaches.

increased depression

Chronic stress can wear you down emotionally and lead to depression.

heartburn

Stress increases the production of stomach acid, which could lead to heartburn or make it worse.

insomnia

Stress makes it harder to fall asleep and stay asleep, which can lead to insomnia.

rapid breathing

When you're stressed, the muscles that help you breathe tense up, which can leave you short of breath.

weakened immune system

Long-term stress weakens your immune system's defenses, leaving you more vulnerable to infections.

risk of heart attack

Over time, an increased heart rate and high blood pressure damage your arteries, which could lead to a heart attack.

high blood sugar

Stress causes your liver to release extra sugar (glucose) into your bloodstream, which over time puts you at risk for type 2 diabetes.

pounding heart

Stress hormones make your heart pump faster so that blood can quickly reach your vital organs and limbs.

high blood pressure

Stress hormones tighten blood vessels, which can raise your blood pressure.

fertility problems

Stress interferes with the reproductive system in both men and women, and may make it harder to conceive.

stomachache

Stress affects your body's digestive system, which can lead to stomachaches, nausea, and other tummy troubles.

erectile dysfunction

Your brain plays an important part in the process of getting an erection. Stress can interfere with this process.

low sex drive

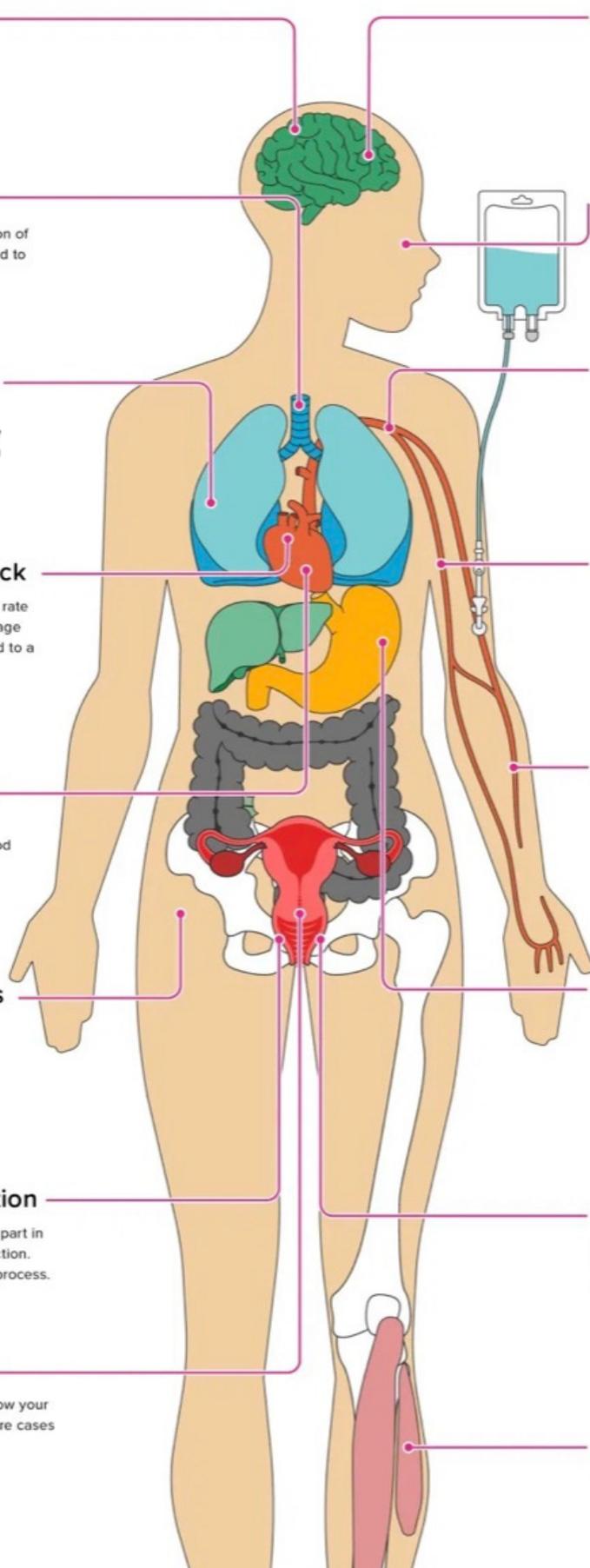
Stress — and the fatigue that often comes with it — can take a toll on your libido.

missed periods

Fluctuating hormones can throw your menstrual cycle off, or in severe cases stop it altogether.

tense muscles

Stress makes muscles tense up, and chronic stress can lead to tension-related headaches and backaches.



Sourced from: <https://www.healthline.com/health/stress/effects-on-body>



Plant-Based Recipes:



Black Bean Meatless Balls

Sourced from: <https://lightorangebean.com/black-bean-meatless-balls/>

Instructions:

- In a food processor, chop black beans to small chunks but do not puree. Transfer the chopped black beans into a large mixing bowl. Add oats and mix briefly. Set aside.
- Finely chop walnuts, carrots, onion, fennel seeds, garlic in food processor. Stir the mixture into the black bean-oat batter. Mix in the rest of ingredients and combine well.
- Cover the mixing bowl with lid or plastic wrap and let it chill in refrigerator for at least one hour.
- Remove the mixing bowl from refrigerator. Preheat oven at 350 °F. Line the baking dish with parchment paper or lightly spray the baking dish with oil. Scoop a golf ball size of batter and shape it to form a ball. Finish all the batter. It will yield approximately 42 balls. Bake for 20 minutes until one side is golden brown. Use a spatula to carefully flip the balls over. Bake for another 20 minutes until both sides are golden brown.
- Remove the balls from the baking dish and carefully transfer them onto a wire cooling rack for 5 minutes. Use as meatballs in other recipes if desired.

Ingredients:

- 4 cups cooked black beans rinsed and well drained
- 1 cup Quick Cooking Oats
- 1 cup walnuts
- 2 medium carrots
- 1 medium onion
- 1 tsp fennel seeds
- 3 cloves garlic
- 1 tsp paprika powder
- ½ tbs kosher salt
- ½ cup chopped parsley leaves



Berry Crumble Bars

Sourced from: <https://domesticgothess.com/blog/2018/08/28/berry-crumble-bars-vegan/>

Instructions:

1. Preheat the oven to 375F. Grease a 8 in square tin and line with baking parchment.
2. Mix together the oats, flour, baking powder, sugar, cinnamon and salt in a large bowl.
3. Add the vegan butter or coconut oil and rub in using your fingertips until the mixture resembles breadcrumbs.
4. Tip about two thirds of the mixture into the prepared tin. Spread it out level and pack it down very firmly.
5. Bake for about 15 minutes until golden around the edges.
6. To make the filling, mix the cornstarch and lemon juice together in a large bowl to make a paste. Stir in the jam followed by the berries.
7. Tip the filling over the base and spread level.
8. Scatter over the remaining crumble mixture. Bake for 25-30 minutes until the crumble is golden and the filling is bubbling.
9. Leave to cool in the tin then carefully lift it out using the baking parchment, cut into squares and serve.
10. Store any leftovers in the fridge.

Ingredients:

Crumble:

- 1 ⅔ cups rolled porridge oats
- 1 ½ cups all-purpose flour
- ¾ cup light brown soft sugar
- ½ tsp baking powder
- ¼ tsp salt
- ½ tsp cinnamon
- ⅔ cup vegan butter or coconut oil cubed

Filling:

- 2 tsp cornstarch
- 1 Tbsp fresh lemon juice
- 5.3 oz raspberry jam
- 14oz mixed fresh berries

The Power of Food for Cancer Prevention & Survival

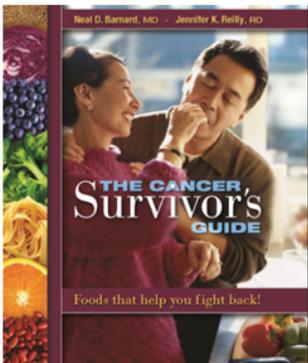
Healthy Lifestyle can be as powerful as chemotherapy in preventing recurrence.



The Food for Life classes offer a unique opportunity to acquire knowledge about the link between diet and cancer, experience the benefits of plant-based nutrition, and learn the practical cooking skills needed to help you on your journey to better health. Educators include Kathleen Stienstra, MD, and the LEAF team.

Thursdays, April 15- May 6, 2021 from 6:30 – 8:30 p.m.

- Thursday, April 15 Introduction to How Foods Fight Cancer
Thursday, April 22 Fueling Up on Low-Fat, High-Fiber Foods
Thursday, April 29 Discovering Dairy & Meat Alternatives
Thursday, May 6 Cancer-Fighting Compounds & Healthy Weight Control



EACH CLASS INCLUDES:

- 15-20 minute DVD lecture by Dr. Neal Barnard
- Live presentation with questions and answers
- Live cooking demos for 3 healthy recipes

LOCATION: Zoom

REGISTER AT: www.maplecenter.org - **DEADLINE is Thursday, April 8,**

COST: \$20* for the 4 class series + includes a **FREE** pdf copy of
The Cancer Survivor's Guide

*Option to purchase the book for \$10.00 from the nonprofit office.

*Thanks to private donations, limited sliding scale scholarships are available

For more information visit our website or call 812-234-8733

Sponsored by:



The Maple Center
for Integrative Health



The Maple Center also offers other services both online and locally such as online plant-based nutrition classes, public speaking, and group grocery store tours. Fully licensed, certified, and insured. Go to www.maplecenter.org to see upcoming classes and events.

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.

Sponsored By:



Tai Chi

**Wednesdays from 6 - 7pm
March 17 - April 21**

in the Larry P. Fleschner Memorial Classroom at
The Maple Center 1801 N 6th Street, Terre Haute

**Cost is \$30 for the 6 class series, scholarships available.
Register at www.maplecenter.org
space is very limited - sign up today!**

Tai Chi is a low impact form of exercise that involves a series of slow, focused movements, accompanied by deep breathing. It is a self-paced, gentle form of physical exercise and stretching.

Classes led by certified instructor Steve Walden, PTA
Steve has 25 years in the medical field
2 Master ranks in Martial Arts
Teacher of Yang, Sun, and Chen Tai Chi

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



April 14th at 1:30pm
Mindfulness and Meditation
with Lindsey Skelton, RYT, CMT

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
1801 N. 6th St. - Suite 100

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!

The Maple Center Connection

**Integrative Medical
Consultation and
Medical Acupuncture
Monday through
Thursday
By Appointment
Kathleen A. Stienstra,
MD
Clinical Appointments
Call 812-235-4867**

**Therapeutic Massage
Therapy
Nancy
Fridays & Saturdays
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Nancy Humphries,
LMBT
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Tuesdays ,
Wednesdays, &
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By appointment

Sylvia Middaugh,
MS, RDN, CD
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Consultant
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Devaki H.Lammet,
M.A.,
Call 787-464-5651**



www.maplecenter.org