



Monthly Quote:

**"Fall in love with
taking care of your-
self. Mind. Body.
Spirit."**

— Unknown

Monthly Vegetarian/ Vegan Dinner

Bring a vegetarian/
vegan dish and recipe to
share,
For potluck dates and
more information
contact
Debbie Stevens at
debbiestevens53@gmail.com



The Maple Center

For Integrative Health

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

E-mail: info@themaplecenter.org Clinical: 812-235-4867



THE MAPLE CENTER FOR
INTEGRATIVE HEALTH

February 2019

CODA partnership brings programs to families in need

During a meeting with representatives of Council on Domestic Abuse, The Maple Center learned that CODA was in need of quality programming for their residents at their emergency shelter. After discussing the need with the program committee, it was unanimously decided that The Maple Center would come forward to fill this need with monthly wellness-based programming. Several individuals have already agreed to use their expertise to help with these monthly programs.



In January, Dr. Kathleen Stienstra visited the CODA shelter at the end of January and provided residents with an opportunity to have their health questions answered. This month, Sylvia Middaugh, MS, RDN, CD will provide residents with an opportunity to learn how to cook nutritious meals using easy to find, inexpensive ingredients. In March, Nancy Humphries, LMBT will be providing information about using essential oils in aromatherapy including ways to manage stress. If you are interested in providing a program, please reach out to Deanna or Samantha at 812-234-8733.

The CODA emergency shelter has 45 beds and provides safe housing, personal hygiene items, clothing, and food at no charge to victims of domestic violence or sexual assault and their minor children.

For more information about the Council on Domestic Abuse of Terre Haute and their emergency shelter, visit <http://www.codaterrehaute.org/>

Want an easy way to help The Maple Center?



Register your Kroger Plus Card online using our organization's name. We receive a percentage of your purchases every time you swipe your card at the checkout counter!

<https://www.kroger.com/account/enrollCommunityRewardsNow/>

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



Easy One Pot Chili

SOUP

- 1 Tbsp oil (or sub water)
- 1 cup diced white or yellow onion
- 3 cloves garlic (minced)
- 1/4 tsp each sea salt + black pepper (more to taste // depends on saltiness of broth)
- 2 15-ounce cans black beans* (slightly drained)

2 cups vegetable broth (or store bought)

- 2 tsp ground cumin (for smokiness)
 - 1 ½ tsp chili powder
 - 1/4 tsp ground coriander
 - 1-2 chipotle peppers in adobo sauce (*optional* // for heat)
- 3 Tbsp chopped vegan dark chocolate (for depth of flavor // we like Theo Dark Chocolate Sea Salt // or sub with 1 Tbsp cacao powder)

Instructions:

Serves 4

Heat a large pot over medium heat. Once hot, add oil (or water), onion, and garlic. Season with a pinch each salt and pepper and sauté for 4-5 minutes. Add black beans, vegetable broth, cumin, chili powder, coriander, chipotle peppers (*optional* – start with the lesser amount and work up // adjust to preferred heat level), dark chocolate, and remaining salt and pepper (a couple healthy pinches each). Bring back to a simmer over medium heat, then reduce heat to low and cook uncovered for about 15-20 minutes (the longer it simmers, the more the flavors develop). Taste and adjust flavor as needed, adding chipotle peppers for spice, chocolate for depth of flavor, cumin or chili powder for smokiness, or more salt and pepper to taste. Store soup well covered in the refrigerator up to 5-7 days. Will keep in the freezer for 1 month (oftentimes longer). Recipe from: www.theminamalbaker.com



Vegan Chocolate Banana Bread

Ingredients

Banana Mix

- 2 Very Ripe bananas
- 2 Tbsp almond meal
- 1 Tsp pure vanilla extract
- 3/4 Cups of pure Cane sugar
- 1/2 Cup of almond milk.
- 2 Flax Eggs.

Chocolate Mix

- 1 Cup of extra dark Chocolate chips.
- 1/2 Cup of Almond milk

Dry

- 1 Cup of whole wheat flour
- 1 Cup of all purpose flour
- A pinch of salt
- 1 Tbsp of baking powder

Start by warming up your almond milk until it simmers. Take of the stop and pour on your chocolate chips. While your chocolate is melting, add your bananas, almond meal, almond milk, vanilla extract, cane sugar to a food processor and mix until completely smooth. Now add your 2 flax eggs (2 Tbsp of flax meal + 5 Tbsp of water) and mix for 10 seconds. Place all your dry ingredients in a bowl and mix. Add half 3/4 of your dry ingredients to your banana mix and the the rest to the chocolate mix. Mix the two thoroughly until smooth. The banana mix should have a cake consistency (Very light) while the chocolate mix should have a brownie like consistency (very sticky and dense) Pre-heat your oven to 375 . Lightly brush with oil a loaf pan (or 3 small ones like I did) and dust with flour to make it non-stick. Add your banana mix first and then top with the chocolate mix. Top with some sliced almonds if you want, or even peanuts !

Recipe from: <https://www.brokefoodies.com/vegan-chocolate-banana-bread/>

Monthly Matters from The Maple Center

Mark Your Calendars

Upcoming Alumni Meetings

6:30 pm-8:30 pm at Union Hospital East – Conference Room- next to the Gift Shop

February 26

“Mind Your Mind—An Introduction to Meditation”

March 26

“Protein Myths”

April 23

“Legumes and Grains, Indian Style”

May 28

Movie Night

All are welcome to attend. Those attending are asked to bring a plant-based dish to share. Bringing your own reusable plate and silverware is encouraged as well.



The Maple Center Annual Dinner

*Wednesday, March 20, 2019 at 6:30 pm
Larry P. Fleschner Memorial Classroom, Suite 400*

*Cost \$30 per guest
Payable at The Maple Center or
at www.themaplecenter.org
Paid reservations by March 15th*

Things to consider about a ketogenic diet

By Sylvia Middaugh, MS, RDN



I have been asked, as a nutritionist, to weigh in on the ketogenic diet. What follows is my take on the issue. The body's main source of fuel is glucose which gets broken down during glycolysis. A ketogenic diet is any diet that switches your metabolism to ketosis. This is where the body burns ketones rather than

glucose as fuel. Normally the body enters ketosis when it is in starvation mode and ketone bodies accumulate in the blood having burned up any fat that is left in the system.

(This is different from ketoacidosis which is what happens to a type 1 diabetic who has ketones and high blood sugar in their blood at the same time and can quickly lead to death.)

Back in the 1980's the Atkins diet was a popular way to lose weight using this principle by reducing carbohydrates to almost none and increasing the intake of protein to as much as 75%, fat at 25% and carbohydrates at <5%. People lost weight very quickly but found it hard to stay on the diet long term. There were also fears of nitrogen balance being a problem.

Today's ketogenic diets replace the carbs with fat rather than protein with upwards of 75% fat, 25% protein and <5% carbs. What happens is that as the carbs are pushed out of the diet the body is forced to run on ketones, the brain's back-up source of fuel which comes from fat. There can be significant weight loss in the short time. I believe this is due to the body's now running very inefficiently. With no fiber, things slow down very quickly. Constipation can result. The person feels satiated because of the high fat content of the food. Insulin is lowered because there is no sugar to take into the cells. The resulting blood work can show a low LDL and high HDL which is considered good when it comes to CVD risk factors. Blood glucose levels are also low due to low carb intake. Doctors will tell their patients that because these lab results are in the low to normal range, they must be doing something right.

There are few studies showing the results of the long-term use of a ketogenic diet. The longest one done recently was for 24 weeks. It was conducted on 83 obese patients to see if a ketogenic diet would change their obesity or not. All of them were in the 35% obesity category. Their weight and body mass index decreased significantly over the course of the 24 weeks. ($P < 0.0001$). Total cholesterol decreased. HDL cholesterol increased. Triglycerides decreased as did blood glucose levels. Based on these findings the researchers concluded that a ketogenic diet was safe for long-term weight loss. (1)

I personally don't think that 24 weeks is that long. Maybe as far as a diet goes but not really when it comes to long-term effects on the body. In thinking about this I asked myself if there is anywhere on the planet that people eat this way regularly. Those who come the closest to this live in the far north countries where not much green grows so their diet consists mostly of meat and fish. It was thought that Alaskan Eskimos were protected from cardiovascular disease (CVD) because they ate high amounts of omega-3 fats from fish and followed a traditional lifestyle. However, a study of state health data showed that deaths from heart disease and stroke were very similar to the rest of the population in Alaska. This was despite having low average LDL cholesterol and high HDL cholesterol levels. (2) I think that we need to remember that these are only risk factors and often correlate with CVD but in this case these typical measures don't correlate.

Recently, I went to hear Dr. Tom Catena speak who runs a hospital in the Nuba mountains in the Sudan. He was asked if he ever saw heart disease there and his response was basically no. The local diet is sorghum and okra. Both complex carbohydrates with little fat. I know this is anecdotal evidence, but it seems to me that there is a correlation here between a diet high in complex carbs and heart disease. The people there are not overweight either.



Where does that leave us? Clearly it has been shown that a ketogenic diet leads to short term weight loss. It has shown promise for treating Parkinson's symptoms and those of Alzheimer's. Studies show that it can help control seizures in children with epilepsy. There are not enough studies on the long-term effects of eating this much fat and so few carbohydrates. My concern is that these diets leave out one of the macronutrients that our bodies need to function well, glucose, which is what the healthy brain functions best on. This is a form of malnutrition. High fat diets often lead to gallstones, kidney stones and atherosclerosis. By not eating many plants, you also are not getting the vitamins, minerals and phytonutrients that nourish our bodies. In my mind weight loss is not the only consideration here.

For additional information:

<https://www.everydayhealth.com/diet-nutrition/ketogenic-diet/keto-diet-possible-short-long-term-effects/>

<https://www.forbes.com/sites/davidgrainger/2019/02/01/the-science-behind-ketogenic-diets-or-why-we-get-fat-and-what-to-do-about-it/>

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2716748/>

2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2981096/>

How to Start a Gratitude Journal

1. Choose a journal

When selecting a journal, consider: Will I be carrying this with me or leaving it at home? Do I want lined or unlined? Do I want a paper journal or do I prefer to keep my thoughts digitally? There is no “one size fits all” journal. Choose the style that speaks to you!

2. Consider the benefits of a gratitude journal.

Understanding the benefits of journaling can help you stick with it. A gratitude journal can help with mindfulness, lower stress, and help provide clarity.

3. Schedule time for writing.

How often you choose to write in your journal is completely up to you! Think about your schedule and a writing frequency that you can easily stick to. Think of writing in your journal as a joy, not a chore. It is important to make writing in your journal a habit, like brushing your teeth.

4. Start with journal prompts

Starting a journal can be overwhelming. Using writing prompts can help you get started. Here are a few examples:

Describe a time when a loved one did something for you that you are grateful for.

List 3 things that made you smile today.

Describe a recent accomplishment.

Content idea from: <https://www.shutterfly.com/ideas/how-to-start-a-gratitude-journal/>



Take Control: Stress Reduction Techniques, Part 2

Osher Lifelong Learning Institute Speaker Series held at
Landsbaum Center,
1433 N 6th 1/2 St, Terre Haute, IN
from 1:30 - 3:00 pm

Cost: No charge and no OLLI membership needed

January 9, 2019 – “Mindfulness and Mindful Eating” by Jean Kristeller, Ph.D.

Practicing mindfulness, both as part of daily meditation and throughout the day, can help us manage our stress levels in many situations. Bringing it to our choices and experiences of food and eating can be particularly valuable. This presentation will introduce mindfulness practice and provide you an experience with mindful eating.

Jean Kristeller, Ph.D., is a clinical psychologist and Emeritus Faculty at ISU. She has spent many years both researching and teaching mindfulness meditation and approaches to mindful eating, as reflected in her book “The Joy of Half a Cookie”.

February 13, 2019: “Stress relief and Gardening” by Patti Weaver, Master Gardener, Manager of ISU Community Gardens

Planning, planting and working a garden can be a great way to relieve stress. Whether you have a small patio to decorate or a vast amount of space to tend, the act of making your particular stretch of nature into a haven can be a stress reliever in itself, and the garden that you create can bring you even more peace and wellbeing.

Mar 13, 2019 - “The Space Diet™” by John Morris, RN, CRRN, MS, CRTS

This presentation covers the basic process of organizing & downsizing: how to sort, organize, arrange, allocate and purge. Includes a step by step “diet” plan for the home.

Prior to launching Caring Transitions of the Wabash Valley, John who lives in Terre Haute, worked in healthcare for 30 years. His most recent position was as the program director for a rehabilitation hospital in Indianapolis and, before that, he spent a majority of his career as a staff nurse and then the manager of the rehab unit at Union Hospital.

April 10, 2019: “WHY reTHink?” by Dr. Shikha Bhattacharyya, President of reTHink

How much trash we create? How does this trash impact our lives? Learn how making small CHANGES make a big difference!

The mission of reTHink Inc. is to provide awareness, education, tools and incentives to local food industry and general public, relating to sustainability, trash, composting, and pressing environmental issues. reTHink Inc. encourages sustainability through small changes in behavior to create a world that is well taken care of for future generations.

Presented by:





Winter Special!



Chair Yoga



**Thursdays, January 31-March 14
10 am-11 am**

Larry P. Fleschner Memorial Classroom
The Maple Center, Suite 400
1801 N 6th Street
Terre Haute, Indiana

Cost: \$10 per individual class or
\$50 for a series of 6 classes
Scholarships available

Free

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 drop-in class.



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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The Maple Center
for Integrative Health





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Whether you are recovering from an addiction to drugs, smoking, alcohol, gambling, food or any other type of addiction, acupuncture can aid in your recovery.

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beginning January 8th
in the Larry P. Fleschner Memorial Classroom



The Maple Center , Inc.
1801 N 6th St., Suite 400
Terre Haute, IN
(812) 234-8733
For more information visit
www.themaplecenter.org

No cost, no registration needed, donations are appreciated



ACUPUNCTURE PERFORMED BY DEBBIE STEVENS,
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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.

Donate



- 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.



- 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

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

Neuromuscular Re-education

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

Holistic Lifestyle Consultant

By appointment

Devaki H.Lammet, M.A.

Call 787-464-5651

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.