



THE MAPLE CENTER FOR INTEGRATIVE HEALTH

MONTHLY MATTERS



April 2017

THE MAPLE CENTER UPDATE

In This Issue

- Maple Center Update
- Spring Tonic
- Cancer class
- Spring OLLI Schedule
- Practitioner Information
- Center Information

The Maple Center offered a couple of kids programs in March with the collaboration of The Children's Museum, ISU, and funding from the Larry P. Fleschner Memorial Foundation. The first was Tots & teaspoons cooking class and the second was the Youth LEAF class.

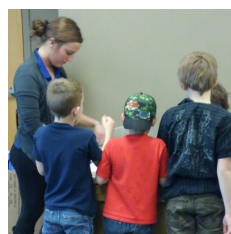
TOTS & teaspoons

Tots & teaspoons was a one hour program offered March 7. The program was a hands on cooking class to teach tots (ages 2-5) how to make fun, nutritious snacks with a caregiver. Nutritional information was provided by Sylvia Middaugh, MS, RDN,CD during the making of the snack by the tots and caregiver. The tots were able to try new foods, talk about what they liked and were given a take home nutrition booklet.



Youth LEAF

Youth LEAF was offered during Spring Break (March 27-31) from 1pm-5:30pm each day for 7-9 year olds at the Children's Museum. Each day the youth learned about nutrition and made healthy snacks, learned about healthy behaviors, did yoga and participated in a circus exercise program. Other activities included painting, drawing, making stress balls, and utilizing several of the exhibits at the museum. The youth had a great time and wanted the program to last longer.



*"It is not how much
you do but how
much love you put
into the doing that
matters." —
Mother Teresa*



Spring Tonic

Spring is finally here! Feeling the need for a little extra energy?

My daughter had the privilege of interning as an historical interpreter at Old Sturbridge Village in Sturbridge, Massachusetts last summer and one of the things they learned about was the New Englanders use of plants and herbs for medicinal purposes as well as food. One of her tasks was working in the garden just like they did back in 1839, having to haul water from the well by the bucket, sometimes 70 in a day!

Back then there was no way to have fresh greens during the winter so the people ate dried grains, meat and root vegetables from the last of the harvest until the snows melted in the spring. Then it was customary to engage in a spring purge of the blood by using spring tonics. They saw it as a spring cleaning of the body.

Usually these consisted of eating the new greens that were poking up in the wild, dandelion, lettuce, plantain and watercress. Decoctions of roots and barks included sassafras, sarsaparilla, and burdock. The roots and barks were steeped in hot water for hours until the desired strength was achieved and then they were drunk as a tea.

Dandelion greens in particular are very high in Vitamins C and A. They have relatively high amounts of potassium. These vitamins were sorely missing in their winter diets. The root decoctions often produced sweating which was another way of ridding the body of toxins that had built up. Recent studies have shown that sassafras in large amounts is actually detrimental to the liver so be cautious of using it in large amounts.

Even though we now have access to greens throughout the winter engaging in some form of detoxification for the body is not a bad idea at least once a year. If you decide to pick dandelion greens from your yard be sure that they haven't been sprayed. It may also be wise to do this under the direction of someone trained to understand what foods positively or negatively affect the liver which is the body's main detoxification organ after the skin.

Sylvia Middaugh, RDN, CD
Nutrition for Healing, P.C.

The Power of Food for Cancer Prevention and Survival

Wabash Valley LEAF (Lifestyle Education and Food) Cancer Focused Classes Based on the award-winning Food for Life Program

Based on PCRM's award-winning Food for Life program, The Maple Center for Integrative Health is delighted to bring valuable, lifesaving nutrition information to the Wabash Valley community. Healthy Lifestyle can be as powerful as chemotherapy in preventing recurrence.



Join Food for Life Educational Alliance Program Partner The Maple Center for Integrative Health's educators, Kathleen Stienstra, MD, Karen Cunningham, and the LEAF team in exploring how a diet rich in vegetables, fruits, grains, and legumes can enhance your health and support your wellness goals.

Class size limited, register Today!

Classes every Friday, 2:30 – 4:30 p.m.

Cost: \$70 for the 4-class series Individuals meeting the Federal Poverty Guidelines will be able to take this class at no charge.

Thanks to private donations, additional Sliding Scale Scholarships are available.

Friday, April 28 Introduction to How Foods Fight Cancer

Friday, May 5 Fueling Up on Low-Fat, High-Fiber Foods

Friday, May 12 Discovering Dairy and Meat Alternatives

Friday, May 19 Cancer-Fighting Compounds and Healthy Weight Control

**To register, call 812-234-8733
or go to www.themaplecenter.org**

REGISTRATION DEADLINE:

Wednesday, April 26, 2017

**LOCATION: Hux Cancer Center –
Lower Level**

1711 N. 6 1/2 Street, Terre Haute, IN 47804



**You'll receive a
free copy of
this book!**

Sponsored by:

*Larry P. Fleschner
Memorial Foundation*

**UNION
HOSPITAL**
Hux Cancer Center



The Maple Center for Integrative Health



PCRM

Physicians
Committee for
Responsible
Medicine



FOOD FOR LIFE
Cancer Project



Pasta Fagioli

Ingredients

- Half an onion, chopped
- 1 carrot, diced
- 1 celery stalk, chopped
- 2 cloves of garlic, minced
- 1 zucchini, sliced
- 1/2 teaspoon dried basil
- 28 oz of whole tomatoes
- 20 oz of white beans
- 4.5 oz baby spinach
- 1 cup vegetable stock
- 2 tablespoons parsley, chopped
- Salt and Pepper, to taste
- 7 oz short pasta

Instructions

1. Heat a large pot over medium-high heat and sauté onion, carrot and celery. Cook until the onion is soft and transparent.
2. Add the garlic and cook until soft, then add the zucchini and basil. Cook for another couple of minutes, stirring occasionally.
3. Add the tomatoes and their juice and use your spoon to break them into smaller pieces.
4. Add the beans and their liquid, spinach, vegetable stock, parsley, salt and pepper. Bring to a boil then reduce the heat to medium-low and simmer for about 15 minutes.
5. Meanwhile in a separate pot, cook the pasta until al dente. Drain and add the pasta to the soup. Serve immediately.

Adapted from: <http://www.cilantroandcitronella.com/vegetarian-pasta-fagioli/>



ASIAN CABBAGE SOUP

Submitted by Nancy Humphries

This is the other soup I really like!

2 Boxes Vegetable Broth
½ Onion, chopped fine
3 Ribs Celery, chopped fine
1 tsp. Grated Ginger
1 Red Pepper, chopped fine
1 tsp Sesame Seeds
1 tsp Sesame Oil
3 Carrots, sliced fine
½ head Cabbage, chopped
¼ cup Soy Sauce
¼ Chinese 5 spice
2 to 4 oz Spinach, thin sliced or chopped

In large pan sauté onions, celery, ginger, and red pepper in a bit of broth until onions translucent.

Meanwhile, in small skillet toast sesame seeds. When thoroughly warm, add sesame oil and continue on low heat for about 2 minutes.

To large pan add carrots, cabbage, spices, soy sauce, and rest of broth.

Bring to a boil, reduce heat and cover for 7 minutes.

Remove from heat, add spinach, cover and let set for 2 minutes.

OLLI Series at Landsbaum from 1:30 - 3:00 pm

Cost: No charge and no OLLI membership needed

Sponsored by:



May 10, 2017 Heal Your Biochemistry, Heal Your Brain-- Individualized Nutrient Support presented by Dr. Kathleen Stienstra

A summary of Dr Willam Walsh and Dr Carl Pfeiffer's research about helping depression, anxiety, ADD, behavior disorders, schizophrenia, and even Alzheimer's.

Dr Kathleen Stienstra, local integrative medical doctor has attended 2 physician training workshops by the Walsh Research Institute. She has found their approaches to be excitingly helpful for many of her patients who are facing mental health challenges.

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



Integrative Medical Consultation

Wednesdays

By Appointment

Jennifer Brooks, PA-C
Clinical Appointments
Call 812-235-4867

Neuromuscular Re-education

Tuesdays, Wednesdays, & Thursdays or

By Appointment

Fee: \$60.00: 1hr. Treatment

Penny Money

Call 317-670-3764

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

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

Theraplay Counseling

By appointment

Catherine Tucker, PhD, LMHC,
RPT-S

Call 812-230-5126

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

Contact Us

Give us a call for more information about our services or go to our website:
www.themaplecenter.org

Newsletter article submission due by the 22nd of each month for the following month.

Email article to: dferguson@themaplecenter.org



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For updates on
programs “like” us on
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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. The center offers professionals trained in acupuncture, health coaching, integrative medicine, neuromuscular integration, nutritional counseling, therapeutic massage, and therapeutic touch.

For more information on our programs, workshops, or professional services contact us at (812) 234-8733 or visit our website: themaplecenter.org

“Optimizing individual health thru community education and clinical services.”



Dr. John Black Memorial Library

How do I find the book from
The Maple Center library collection online?
Go to www.themaplecenter.org and

Click on the link available on the home page for the John Black Memorial Library's page or click on Community Resources or copy and paste the following link, you will be taken to the collection directly:

<https://books.google.com/books?hl=en&uid=4611478877290630623>

When you get there, you will have the option of searching within The Maple Center's collection, or the entire world of Google Books.

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Monthly Vegetarian Dinner

Bring a vegetarian dish

and recipe to share,

Contact Debbie Stevens at

debbiestevens53@gmail.com

Check us out at:

www.themaplecenter.org