



Monthly Quote:

SOMETIMES THE
SMALLEST STEP
IN THE RIGHT
DIRECTION ENDS UP
BEING THE BIGGEST
STEP OF YOUR LIFE.
TIP TOE IF YOU
MUST, BUT TAKE
THE STEP.

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



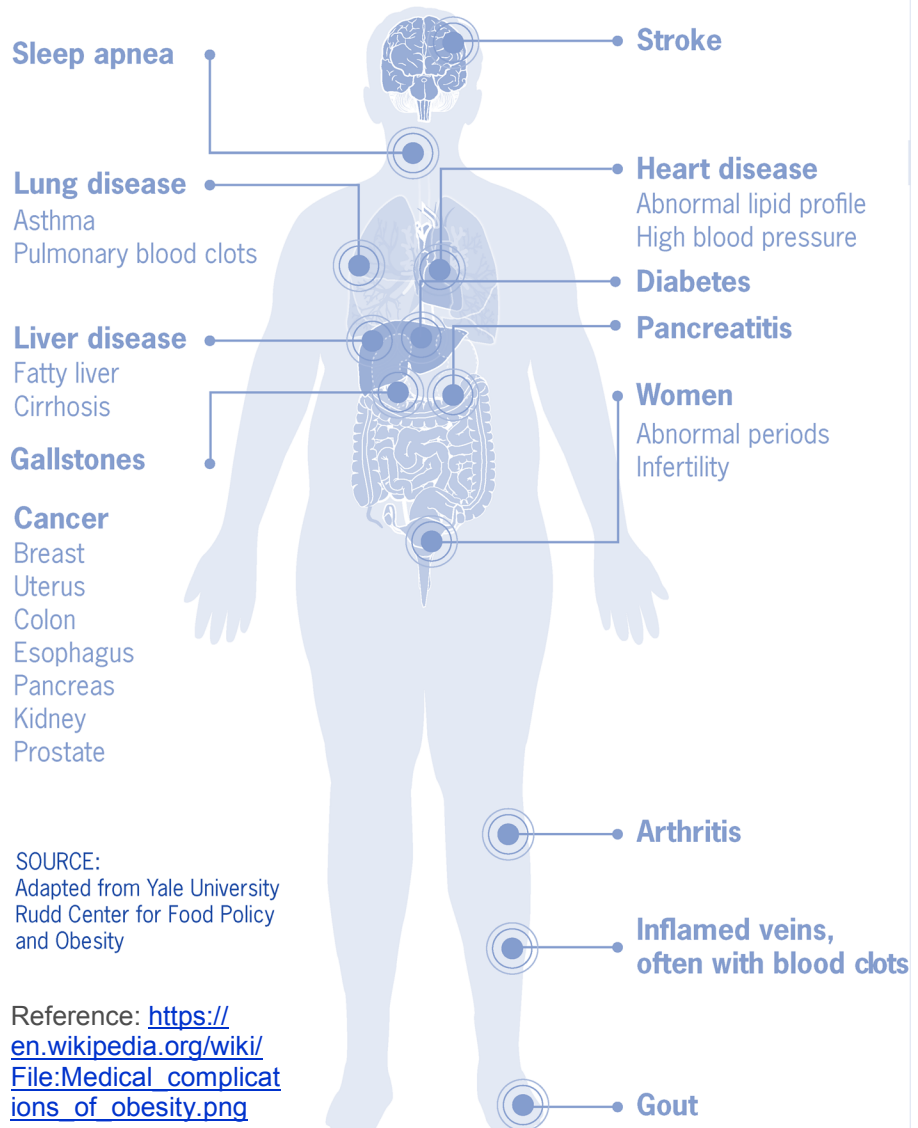
@themaplecenternonprofit

October 2019

Oct 11th is World Anti-Obesity Day

The World Health Organization defines obesity as "abnormal or excessive fat accumulation that presents a risk to health". Below are some examples of complications of Obesity:

Medical Complications of Obesity



SOURCE:
Adapted from Yale University
Rudd Center for Food Policy
and Obesity

Reference: https://en.wikipedia.org/wiki/File:Medical_complications_of_obesity.png

Continue reading to help prevent Obesity.....

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



Help Prevent Obesity

*Remember: A BMI between 25 and 29.9 is considered overweight
A BMI of 30 or higher is considered obese*

- **Keep track of your weight**
- **Exercise for at least 30 minutes per day**
- **Drink more water**
- **Eat more Fruits, vegetables, nuts, and whole grains**
- **Eat more fiber**
- **Avoid eating processed/junk food**
- **Avoid fried foods**
- **Cut down on fatty foods**
- **Cut down on sugary drinks and foods**
- **Eat food slowly and mindfully**
- **Avoid over eating**

If your struggling with your weight, take a class about lifestyle changes, join a group to help keep you on track, or discuss possible options with your physician.



Its Not Just for Halloween

Pumpkin is a highly nutrient-dense food. It is rich in vitamins and minerals but low in calories.

	% Daily Value*
Total Fat 0.1 g	0%
Cholesterol 0 mg	0%
Sodium 1 mg	0%
Potassium 394 mg	11%
Total Carbohydrate 8 g	2%
Dietary fiber 0.6 g	2%
Sugar 3.2 g	
Protein 1.2 g	2%

Vitamin A	197%	Vitamin C	17%
Calcium	2%	Iron	4%
Vitamin D	0%	Vitamin B-6	5%
Cobalamin	0%	Magnesium	3%

All this from one cup and only 30 calories!



Pumpkin Nut Butter

- 1/3 cup canned or pureed pumpkin
- 1/2 tsp cinnamon
- 2-6 tbsp nut butter of choice, or allergy-friendly sub
- optional sweetener of choice, to taste
- pinch of salt

Mix all ingredients together, either with a spoon or in a food processor. If your peanut butter is hard and not stir-able, you might want to gently warm it up a little first. This spread is good on toast, in oatmeal, or even eaten straight-up!

<https://chocolatecoveredkatie.com/2011/09/13/pumpkin-nut-butter/>



10 Minute Pumpkin Hummus

1 can chickpeas
1 tsp kosher salt
1/2 tsp cumin
2 tbsp tahini
3 cloves garlic

1 cup fresh or pureed pumpkin
1/2 tsp chilli powder
1 tbsp olive oil
2 tbsp lemon juice

Place all ingredients in a food processor and process until smooth and creamy . It's as simple as that.

Reference: https://littlesunnykitchen.com/pumpkin-hummus/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes&utm_term=455348480_15836258_116892



Pumpkin, Spinach and Mushroom Pasta

1/2 small to medium-sized Hokkaido pumpkin
2 teaspoons [olive oil](#) divided
1 head of Garlic
12 oz of Whole Wheat Pasta

7 oz mushrooms sliced (crimini)
1 cup vegetable broth
1/2 teaspoon dried sage
Salt & Pepper to taste

5 oz raw spinach
1 teaspoon dried basil
1/4 teaspoon nutmeg
4 tablespoons chopped walnuts to serve

Preheat the oven to 180 °C or 350 °F. Chop the pumpkin into small chunks. Lay a baking tray with parchment paper and drizzle it with olive oil or cooking spray. Place the pumpkin and sprinkle with salt and pepper. Cut a top off a garlic head and place it on the tray. Bake in the preheated oven for around 20 minutes or until they are soft when pierced with a fork.

Meanwhile, cook the pasta according to the instructions on the package. Heat a lug of olive oil in a large skillet and sauté chopped mushrooms for about 3 minutes over medium heat. Add the spinach and continue cooking until it is softened, for about 4-5 minutes. Set aside.

When the pumpkin is roasted, transfer it to a **blender** together with peeled roasted garlic and pulse until smooth, adding vegetable broth. Add spices and herbs, as well as salt and pepper to taste.

Combine the pasta with mushrooms, spinach and pumpkin puree. Serve sprinkled with chopped walnuts.

NOTE: Add vegetable broth one ladle at a time, until you like the consistency. It should be thicker than pumpkin soup.

Reference: <https://happykitchen.rocks/healthy-pumpkin-pasta/>



Is the Impossible Burger Healthy?

Here are its ingredients:

Water, Soy Protein Concentrate, Coconut Oil, Sunflower Oil, Natural Flavors, 2% or less of: Potato Protein, Methylcellulose, Yeast Extract, Cultured Dextrose, Food Starch Modified, Soy Leghemoglobin, Salt, Soy Protein Isolate, Mixed Tocopherols (Vitamin E), Zinc Gluconate, Thiamine Hydrochloride (Vitamin B1), Sodium Ascorbate (Vitamin C), Niacin, Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Vitamin B12.

THIS IS JUST THE BURGER WITHOUT BUN, ETC.

Nutrition Facts

Serving size 4 oz (113g)

Amount per serving

Calories 240

% Daily Value*

Total Fat 14g 18%

Saturated Fat 8g 40%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 370mg 16%

Total Carbohydrate 9g 3%

Dietary Fiber 3g 11%

Total Sugars <1g

Includes <1g Added Sugars 1%

Protein 19g 31%

Vitamin D 0mcg 0%

Calcium 170mg 15%

Iron 4.2mg 25%

Potassium 610mg 15%

Thiamin 28.2mg 2350%

Riboflavin 0.4mg 30%

Niacin 5.3mg 35%

Vitamin B₆ 0.4mg 25%

Folate 115mcg DFE 30%

Vitamin B₁₂ 3mcg 130%

Phosphorus 180mg 15%

Zinc 5.5mg 50%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

While researching this question here are some of the statements that were made:

Nutrition Science stated “As the research experts tell us, we should be eating only whole plants. Is there a whole plant anywhere in the list? Nope. The only totally healthy ingredient on the list is water. Salt is OK in small quantities. As for the rest, I would steer clear. Too much protein—and this burger has four (wheat, potato, yeast, and soy)—is hard on the kidneys. Yeast consumption has been linked to elevated levels of insulin growth factor 1 which is associated with cancer.”

Another source stated “the Impossible Burger is made with lots of soy, oils, and nutrient additives. While it is vegan, it’s certainly no wholesome veggie burger! “

Lastly, Harvard Medical school stated, “The bad news: Meatless burgers are heavily processed and high in saturated fat”

Most articles stated that although the Impossible Burger was a better option than beef, it should not be your go to for a healthy meal.

References: <https://faq.impossiblefoods.com/hc/en-us/articles/360018939274> , <https://www.nusci.org/is-the-impossible-burger-healthy> , <https://www.health.harvard.edu/blog/impossible-and-beyond-how-healthy-are-these-meatless-burgers-2019081517448>

To Friends and Clients of

Blue Dragonfly Massage

Thank you for making Blue Dragonfly Massage
your choice for therapeutic massage services.
After holding prices steady for over 10 years it
is necessary to increase the rates.

New prices
Effective January 1st 2020

90 Min = \$85

60 Min = \$60

30 Min = \$40

I look forward to continuing our sessions,
And appreciate your referrals.
And welcome new clients.

Thank you—Nancy Humphries
812.251.9190

**Therapeutic
Prenatal
TMJ Relief**

**Deep Tissue
Reflexology
Energy Work**

QUICK TIP:

Improve Leg Circulation

- **Take a break** -- Get up, walk, and stretch your legs every hour, if you have to stay seated flex your toes every half hour.
- **Take a drink** - dehydration ups the risk of deep vein thrombosis. So drink healthy fluids.
- **Don't Smoke** - it increases the risk of blood clots.
- **Take it off** - Avoid tight clothing and don't cross your legs, it can inhibit blood flow and cause poor circulation.
- **Elevation** - Give your legs a break by putting them up. It can help improve circulation in your lower limbs.

Reference: <https://www.sharecare.com/health/blood-clot-thrombus/article/keep-legs-healthy-with-5-steps>

Mark Your Calendars

Upcoming 2019 LEAF Alumni Meetings



Programming and Plant-based Food
6:30 pm - 8:30 pm
at Union Hospital East - Conference Room - next to the Gift Shop

October 22 - "How to Spice UP Your Food"
presented by Jayshree Shah

November 26 - "uses of Aqua Faba"
presented by Debbie Stevens

December 10 - Christmas Dinner
Details TBA

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

Cook & Eat



Join us in cooking a traditional Thanksgiving menu with a plant-based twist.

During the class, you will cook the following recipes with a team member and then eat the prepared meal. Recipes will be available. Class led by Sylvia Middaugh, MS, RDN,CD and the LEAF Leadership team

Menu will include:

Tom Tofu
Cranberry Relish
Green Bean Casserole
Sweet Potatoes with Orange Glaze

Pumpkin Pudding with Whipped Topping
Spinach Artichoke Dip
Mashed Cauliflower Potatoes
Mushroom Gravy

Sunday, Nov. 10, 2019 from 2 pm – 5pm
At ISU Food Lab (4th & Chestnut St. Entrance)

Cost: \$ 20 per person

Registration Required, Class size is limited
Register by making payment at www.themaplecenter.org by Nov 1, 2019



Class sponsored by:



The Maple Center
for Integrative Health
812-234-8733



Larry P. Fleschner
Memorial Classroom



Hidden Health Hazards

October 9, 2019: “Invisible Household Toxins ” by Carli Web

We all would like to consider our home a safe space, but what if I told you homes are filled with toxins? Many serious diseases and health conditions are being linked to toxins we find in household products. Join Carli as she walks through the negative impact of toxins on our health, where they are found in the home, and safer alternatives. You will leave with new tools to detox your home and live healthier!

When you know better, you can do better!

Carli, a Brazil, Indiana native, discovered her passion in functional health during her undergrad at IU, when she changed her lifestyle and saw improvements in many of her symptoms. She has earned her Master's Degree in Human Nutrition & Functional Medicine, interned at The Maple Center for Integrative Health, worked under Dr. Jolene Brighten - leader in Post Birth Control Syndrome and Women's Hormones, and started her own business - Webb Nutrition & Wellness.

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

Sponsored by



FAMILY YOGA

Saturdays from 10 am-11 am

September 14- October 19, 2019

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

Cost \$5 per person per class
or \$20 per family per class,
Scholarships are available

Visit www.themaplecenter.org to register



ADDICTION RECOVERY (EAR) ACUPUNCTURE

Don't stress out. Breathe.

Sponsored by:



NO CHARGE

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



Each MONDAY starting AUGUST 12, 2019
Come anytime between 3 PM - 6 PM
at The Maple Center Classroom 1801 N 6th St, Terre Haute, IN

YOGA FOR ADDICTION RECOVERY & RELAPSE PREVENTION

SEPT 2, 16, & 30
OCT 14 & 28, 2019
FROM 1:00 PM - 2 PM

AT HAMILTON CENTER MEETING ROOM
66 WABASH COURT, TERRE HAUTE, IN

NO CHARGE



Yoga for Addiction & Relapse Prevention



Bi-weekly on Mondays
Starting Oct 7th, 2019
from 7:30 pm- 9 pm

At Next Step
Foundation, Inc.
619 Washington Ave.
Terre Haute, IN 47802

No charge

Y12SR Yoga works with traditional treatment programs to address the physical, mental and spiritual disease of addiction. Whether you are recovering from an addiction to drugs, smoking, food, gambling, or any other type of addiction, Y12SR Yoga can aid in your recovery.



FREE



CHAIR YOGA

**THURSDAYS
10 AM - 11 AM**

**LARRY P. FLECHNER
MEMORIAL CLASSROOM
THE MAPLE CENTER, SUITE 400
1801 N 6TH STREET TERRE HAUTE, INDIANA**

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.



NO CHARGE FOR THE CLASS

Just drop In and try It out !

Stretching. Strengthening. Relaxation

YOGA FOR STRESS MANAGEMENT

WITH DEVAKI

**MONDAYS
6PM - 7:30PM**

\$10 PER CLASS

**AT THE MAPLE CENTER, SUITE 400
LARRY P. FLECHNER MEMORIAL CLASSROOM**



Sponsored by:





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.krogercommunityreward.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.