

MARCH 2021



THE MAPLE CENTER

for Integrative Health



@themaplecenternonprofit Nonprofit: 812-234-8733
www.maplecenter.org



**Plant Powered
Community Meeting**
via Zoom

March 10th

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

Each month a different topic

Contact
[programs.maplecenter@gmail](mailto:programs.maplecenter@gmail.com)
for the link to the meeting

*Our Food
Should be
our medicine
& Our Medicine
Should be
Our Food
-Hippocrates*

NATIONAL NUTRITION MONTH

National Nutrition Month is an educational campaign focusing on the significance of physical fitness as well as eating nourishing meals. Taking charge of your health contributes to overall well-being; as well as losing weight or staying at your ideal weight, which reduces risks of chronic illness such as heart disease and diabetes. The campaign, originally "National Nutrition Week," was first launched in 1973, with the theme "Invest in Yourself – Buy Nutrition." The American Dietetic Association (ADA) was an early advocate in getting the message to the public organizing educational events held in schools and health care centers. By the beginning of 1980, due to an intense increase in popularity, the House of Delegates expanded National Nutrition Week to National Nutrition month. ADA is now known as the Academy of Nutrition and Dietetics and, with more than 70,000 members, is the world's largest organization of registered dietitian nutritionists and dietetic technicians. This year's theme is "Bite into a Healthy Lifestyle," focusing on exercising regularly and making the best food choices.

Making the Organic Choice

The benefits of organic food

How your food is grown or raised can have a major impact on your mental and emotional health as well as the environment. Organic foods often have more beneficial nutrients, such as antioxidants, than their conventionally-grown counterparts and people with allergies to foods, chemicals, or preservatives may find their symptoms lessen or go away when they eat only organic foods.

Organic produce contains fewer pesticides. Chemicals such as synthetic fungicides, herbicides, and insecticides are widely used in conventional agriculture and residues remain on (and in) the food we eat.

Organic food is often fresher because it doesn't contain preservatives that make it last longer. Organic produce is sometimes (but not always, so watch where it is from) produced on smaller farms nearer to where it is sold.

Organic farming tends to be better for the environment. Organic farming practices may reduce pollution, conserve water, reduce soil erosion, increase soil fertility, and use less energy. Farming without synthetic pesticides is also better for nearby birds and animals as well as people who live close to farms. Organic food is GMO-free. Genetically Modified Organisms (GMOs) or genetically engineered (GE) foods are plants whose DNA has been altered in ways that cannot occur in nature or in traditional crossbreeding, most commonly in order to be resistant to pesticides or produce an insecticide.

The benefits of locally grown food

Financial: Money stays within the local economy. More money goes directly to the farmer, instead of to things like marketing and distribution.

Transportation: In the U.S., for example, the average distance a meal travels from the farm to the dinner plate is over 1,500 miles. Produce must be picked while still unripe and then gassed to "ripen" it after transport. Or the food is highly processed in factories using preservatives, irradiation, and other means to keep it stable for transport.

Freshness: Local food is harvested when ripe and thus fresher and full of flavor.

Some small local farmers use organic methods but may not be able to afford to become certified organic. Visit a farmer's market and talk with the farmers to find out what methods they use.

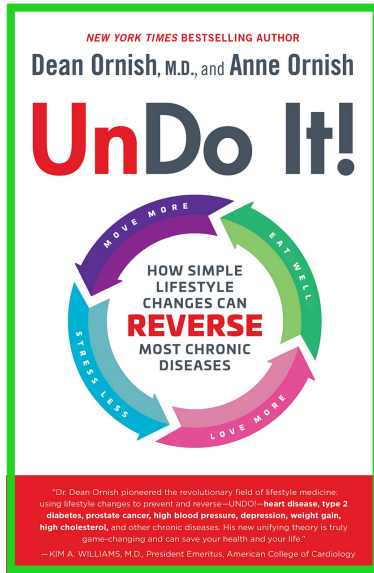


Sourced from: <https://www.helpguide.org/articles/healthy-eating/organic-foods.htm>

February 2021

Book Spotlight

Review by Kimberly Isles



UnDo It! How Simple Lifestyle Changes Can Reverse Most Chronic Diseases- Eat Well, Move More, Stress Less and Love More.

**By Dean Ornish, M.D.,
and Anne Ornish**

I always enjoy learning more about living a longer healthier life. It is important to me to remain healthy and active. I honestly believe our daily choices can make a difference.

It is not easy to stay on track with all of the unhealthy choices available. Reading a good book like UnDo It helps keep me on track.

Please don't let the size of the book intimidate you. You are actually getting two books for the price of one. The first half of the book provides the lifestyle changes and the second half includes 70 recipes along with recommendations for people that do not like to cook.

The book is based on 40 years of research and a 9-week program now covered by Medicare and some insurance companies. The chapters are well organized and easy to read. The book focuses on lifestyle changes to Undo and or prevent most common chronic diseases.

Some diseases listed in the book include coronary heart disease, type 2 diabetes, high blood pressure, high cholesterol, obesity, early-stage dementia, autoimmune conditions, depression and anxiety.

The first 3 chapters cover why it works, history of the program and the lifestyle revolution. While the next 4 chapters cover the lifestyle choices – Eat Well, Move More, Stress Less and Love More. The chapters on lifestyle choices include how to focus on whole plant foods, 20 pages of strength building exercises, 20 pages of stretches, meditation exercise, breathing techniques, guided imagery, relaxation techniques and communication strategies to mention a few. Chapter 8 provides 70 plant-based recipes and additional sections include 2 weeks of recommended packaged foods for those that are looking for foods to eat the first few weeks and ideas for stocking your kitchen.

I would highly recommend UnDo IT to anyone looking to stay on track or anyone just getting started. The Dr. John Black Memorial Library at The Maple Center has a copy to lend or you may purchase a copy for \$15 on Amazon. What you feed your mind and body makes a difference. Your choices matter. Reading a good book could be life changing.



Plant-Based Recipes:



Easy Vegan Banana Bread

Instructions:

1. Preheat the oven to 350 degrees F and grease a standard loaf pan.
2. Make your flax eggs in a small bowl and set aside to thicken.
3. In a large bowl, mash the bananas. Quickly scoop into a measuring cup to make sure you have 1 cup mashed bananas, then place back in the bowl.
4. Stir the melted vegan butter into the bananas.
5. Now add the brown sugar, flax eggs and almond milk. Stir until well combined.
6. Add the flour on top of the wet ingredients, and sprinkle the baking soda, salt and nutmeg if using on top of the flour. Stir until just combined, being careful not to over mix.
7. OPTIONAL: Fold in chopped walnuts or chocolate chips, if desired.
8. Pour into the prepared pan, place in the center rack of the oven and bake for 50-60 minutes, or until a toothpick inserted in the center comes out clean.
9. Let it cool in the pan for a few minutes, then transfer the loaf to a cooling rack. Let the banana bread cool for at least 30 minutes if possible, as this will make it easier to slice. Serve and enjoy!

Ingredients:

- ☐ 2 tablespoons ground flaxseed
- ☐ 5 tablespoons water
- ☐ 2 large ripe bananas, about 1 cup mashed
- ☐ 1/3 cup melted vegan butter
- ☐ 2/3 cup brown sugar
- ☐ 1/4 cup almond milk
- ☐ 2 cups all purpose flour
- ☐ 1 teaspoon baking soda
- ☐ 1/2 teaspoon salt
- ☐ 1/4 teaspoon fresh ground nutmeg, optional but good
- ☐ 3/4 cup chopped walnuts or non-dairy chocolate chips, optional

Sourced from: <https://www.noracooks.com/banana-bread/>



Sheet Pan Cauliflower Fajitas

Ingredients:

- ☐ 1 large head cauliflower, chopped into bit sized florets
 - ☐ 2 red peppers, sliced
 - ☐ 2 green peppers, sliced
 - ☐ 1 medium onion, halved and cut into slices
 - ☐ 2-4 tablespoons olive oil
- SPICE MIX**
- ☐ 1 tablespoon chili powder
 - ☐ 1 teaspoon cumin
 - ☐ 1/2 teaspoon paprika
 - ☐ 1/4 teaspoon garlic powder
 - ☐ 1/4 teaspoon onion powder
 - ☐ 1 teaspoon salt, or more to taste

Instructions:

1. Preheat oven to 425 degrees and spray a large sheet pan or two smaller sheet pans with oil. Or use parchment paper.
2. Add all spices to a small bowl and mix. Set aside.
3. Place the chopped cauliflower, peppers, onions, spice mixture and olive oil in a large bowl. Mix well.
4. Add the mixture to sheet pan(s) and roast for 20-25 minutes, until the vegetables are soft with a crisp edge.
5. Serve with tortillas (corn or flour) with vegan sour cream, guacamole and perhaps a side of refried beans or spanish rice. Enjoy!

*Oil Free option:

May omit oil and use water or vegetable broth, but watch them carefully in the oven so they don't burn. It may help to cover the vegetables in foil for the first half of cooking if not using oil.

Sourced from: <https://www.noracooks.com/sheet-pan-cauliflower-fajitas/>

The Power of Food for Cancer Prevention & Survival

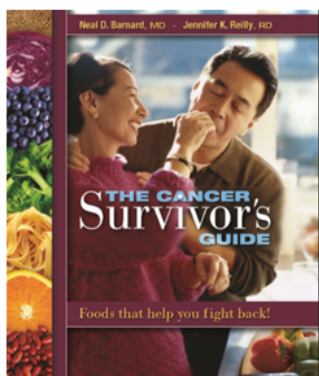
Healthy Lifestyle can be as powerful as chemotherapy in preventing recurrence.



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 – 8 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
 - Food tasting for all demo recipes

LOCATION: Zoom

REGISTER AT: www.maplecenter.org - **DEADLINE is Wed. April 7, 2020**

COST: \$70* for the 4 class series + includes a **FREE** pdf copy of

The Cancer Survivor's Guide

*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.themaplecenter.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



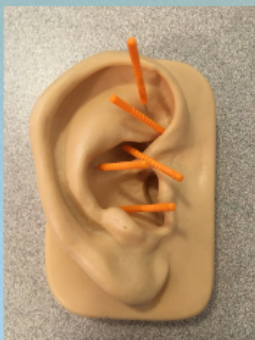
March 10th at 1:30pm
Frequency Specific Microcurrent
with Dr. Kathleen Stienstra, MD

& Starting again, March 22nd:

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

Monthly Matters from The Maple Center

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
By Appointment
Nancy Humphries,
LMBT
Call 812-251-9190**

**Neuromuscular
Re-education
Tuesdays ,
Wednesdays, &
Thursdays or
By Appointment
Fee: \$60.00: 1hr.
Treatment
Penny Money
Call 317-670-3764**

**Mental Health
Counseling
By appointment
Fee: \$60 per hour
Jan Croft, MS, LMHC,
NCC
Call 812-240-5804**

**Registered Dietitian
Nutritionist
By appointment
Sylvia Middaugh,
MS, RDN, CD
Call 812-229-4059**

**Holistic Lifestyle
Consultant
By appointment
Devaki H.Lammet,
M.A,
Call 787-464-5651**



www.maplecenter.org