



The Maple Center

For Integrative Health

www.themaplecenter.org

Nonprofit: 812-234-8733

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THE MAPLE CENTER FOR
INTEGRATIVE HEALTH

FEBRUARY 2018



Monthly Vegetarian / Vegan Dinner

Bring a vegetarian or vegan dish and recipe to share, Contact Debbie Stevens at debbiestevens53@gmail.com

Monthly Quote:

*The soul always
knows what to do
to heal itself.*

*The challenge is
to silence the
mind. -*

Caroline Myss

Calendar of Events:

Feb 27-Jumpstart Challenge begins

March 5-Yoga class starts
March 17 & 18-Healing Touch Certificate program

April 8-Make & Take workshop
April 19- Cancer Prevention & Survival Class starts
April 21- Spring Yoga Retreat

MAPLE CENTER UPDATE

The Jumpstart challenge, which is offered majoritively online, begins on February 27. The participants meet with the Leadership team for an information session on February 7. Again, we wish all the participants of this challenge success!

Our yoga classes will be starting a new session on March 5 and meet for 7 classes. It will not meet over the ISU or Vigo County spring breaks.

A Level 1 Healing Touch Certificate program will be offered on March 17 & 18 at the center. The class enable learners to be able to practice healing touch techniques and self care from a holistic approach.

We will be offering a Make & Take class on April 8 at ISU Teaching Kitchen. The class size is limited so sign up soon!

Our next nutritional based class will start on April 19. We will be offering "The Power of Food for Cancer prevention and Survival" class. This class is filled with nutrition information, recipes, food samples, and time for questions. Registration will begin in March.

Then on April 21 will we be offering a Spring Yoga Retreat. Enjoy a gentle yoga class including an introduction into "Ayurveda - Wisdom of Life" and Kirtan "Singing into Bliss". A vegetarian Ayurvedic meal will be served for lunch.

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

Massage Moment

The NECKED Truth

As a massage therapist, the neck is one of the most common areas of concern. Consequently, I am always looking at alignment issues and questioning how conditions develop. We have 7 cervical vertebrae that look like this:



So how many vertebrae do you think are in that long giraffe neck? Surprise – it's only 7! Just much thicker vertically.



So when I saw pictures of the tribal women that “stretch” their necks with the brass coils I wondered what their vertebrae must look like. Could the weight of the head be sustained by vertebrae that are separated? Do the discs which cushion the vertebrae get thicker or diminish with weight dispersion? Are there big gaps?



It seems the long neck look is a desirable trait for different tribes and the coils are placed on the neck of female children somewhere between 3 and 10 years old. On their birthdays the coils are refitted... and the girls get to see what their neck really looks like! The coils are two parts as you can see in the pictures, a tapered wider one that sits on the collar bone (clavicle) and a more narrow one around the neck. Compare the average female neck of our culture to an elongated neck.

When I saw an x-ray of one woman I was totally creeped out and saddened. The neck itself is not really being stretched as much as it appears. The brass is actually weighing down on the collar bone (clavicle) and the ribs are compliantly “folding” downward. Compare the two x-rays of the tribal woman and what we consider normal.

See how the shoulders and ribs slope to the point of making the neck appear to be long. How does this affect lung capacity and function? I don't know but it makes me grateful to breath in and expand my lungs!



Now you know the “NECKED” truth!



Yogi Tea Recipe

One of my favorite herbal teas to help stay warm during winter and to boost the immune system.

Yogi Tea Recipe

(makes 4 cups, can be kept in a thermos or be refrigerated for couple of days)

6 cups purified water
8 whole cloves
8 green cardamom pods
1 sticks of cinnamon
8 whole black peppercorns (can be omitted, if you have tendency to inflammation)
6 slices ginger root
1 1/2 tsp black tea / I prefer rooibos, to have a caffeine free version
½ - ¾ cup milk (almond/rice use your preference)

Boil all spices in water for 10 – 20 min. Remove from heat and steep black tea/rooibos for 2 minutes. Add milk. Reheat. Strain. Add a sweetener of your choice (agave, maple syrup, honey) if you desire as.

Yogi tea is a well loved and delicious blend of spices that is loved in both the Ayurvedic and Yogic dietary traditions.

This tea blend has been known to serve as a nerve tonic, and as beneficial to the digestive, urinary, as well as for the respiratory system. It serves as a well known herbal remedy to overcome tiredness, helps to re-inspire one out of a feeling of discouragement and the winter blues and

Black pepper and cloves are both stimulant and expectorant (promote discharge of phlegm and mucus from the body), cinnamon is a diaphoretic ingredient, (induces perspiration), and among other benefits, strengthens the heart, fresh ginger slices are expectorant, diaphoretic, and a stimulant as well.

Source: "The Yoga of Herbs", Dr. David Frawley and Dr. Vasant Lad, by the way, a great book, if you are interested home remedies based on herbs and their benefits.

Enjoy!

With best wishes to stay warm and well during the winter!

Namaste

Devaki H. Lammet, M.A.

Certified experienced yoga teacher (E-RYT 500+)

Certified Ayurvedic health counselor,

Certified massage therapist



Cranberry Pecan Quinoa Salad with Honey-Orange

1 cup uncooked quinoa
1/3 cup chopped pecans

1/3 cup dried cranberries

For the dressing:

1 tablespoon olive oil
1 medium orange, juiced
1 tablespoon honey or agave
1/2 teaspoon dried thyme

2 teaspoons apple cider vinegar
zest of 1/2 an orange
1/2 teaspoon turmeric
salt and pepper, to taste

1. Preheat oven to 350 degrees F. Place pecans on ungreased baking sheet and toast for 6-8 minutes. Remove from oven and set aside to cool. While they're toasting you can start cooking your quinoa.
2. To cook quinoa: Rinse quinoa with cold water in mesh strainer. In a medium saucepan, bring 2 cups of water to a boil. Add in quinoa and bring mixture to a boil. Cover, reduce heat to low and let simmer for 15 minutes or until quinoa has absorbed all of the water. Remove from heat and fluff quinoa with fork; place in large bowl and set aside to cool for about 10 minutes.
3. To make dressing: Whisk together olive oil, apple cider vinegar, orange juice, orange zest, honey, turmeric, thyme.
4. Pour the dressing all over quinoa and add cranberries. Stir to combine. Refrigerate for at least 30 minutes to allow flavors to absorb into quinoa. Add salt and pepper to taste. Before serving fold in toasted pecans. Makes 5 servings; a little over 1/2 cup each.

Reference: <https://www.ambitiouskitchen.com/2014/05/cranberry-pecan-quinoa-salad-with-honey-orange-dressing/>



Black Bean, Sweet Potato, & Quinoa Stuffed Bell

1 teaspoon olive oil
1/2 large yellow onion, diced
2 cups vegetable broth, divided
1 medium sweet potato, cooked and finely diced
1 tablespoon chili powder

2 cloves garlic, minced
1/2 jalapeno, seeded and diced
3/4 cup uncooked quinoa
1-15 oz can black beans, rinsed and drained

1/2 cup chopped cilantro
1/8 teaspoon pepper

2 Roma tomatoes, seeded and finely chopped
1/2 teaspoon dried oregano
1 teaspoon red pepper flakes, if desired

3 large red bell peppers, seeds removed and cut vertically

1/8 teaspoon salt, plus more to taste if desired

3/4 cup vegan cheese of choice

Preheat oven to 400 degrees F. Sauté onions, jalapeno. and garlic until the onions begin to soften and turn translucent about 4-5 minutes. Place into large bowl, add cooked sweet potato and cooked quinoa. Gently stir in black beans, tomatoes, remaining 1/2 cup of vegetable broth, chili powder, cumin, oregano, cilantro, red pepper flakes, and salt and pepper.

Arrange bell peppers in large skillet or baking pan and stuff with a heaping 1/2 cup of quinoa mixture. Cover with foil and bake for 20-30 minutes until peppers are tender. Uncover and sprinkle each with 2 tablespoons of cheese. Place in oven for 5 minutes longer or until cheese melts. Remove and serve immediately with your favorite hot sauce or guacamole.

To cook quinoa: Rinse quinoa with cold water in mesh strainer. In a medium saucepan, bring 1-1/2 cups of vegetable broth to a boil. Add in quinoa and bring mixture to a boil again. Cover, reduce heat to low and let simmer for 15 minutes or until quinoa has absorbed all of the water. Remove from heat and fluff quinoa with fork; place in large bowl.

Adapted from: <https://www.ambitiouskitchen.com/2013/04/black-bean-sweet-potato-quinoa-stuffed-bell-peppers/>



at Landsbaum from 1:30 - 3:00 pm, No Charge

**February 14– Hearts CAN be Healed by Julie Fine, RN, PhD, FNP-C, Assoc.
Professor, Dept. of advanced Practice Nursing**

Many still do not know that diet and lifestyle changes can actually reverse heart disease, change the expression of genes, and give people a new lease on life. Programs to help you make those changes are available in our Wabash Valley community. Peer-reviewed research findings and practical advice will be presented.

March 14– Physical Therapy and Your Joints by Karen Cunningham, PT

The Physical Therapist will discuss how physical therapy can help prevent further damage to your joint, strengthen muscle around the injured joint and how it help individuals rehabilitate after surgery.

**April 11 – Joint Anatomy and Improving function and Comfort post-op by Penny
Money, NMT & Nancy Humphries, NC—LMBT 9602, IN—MT 21103948**

Nancy Humphries and Penny Money will explain some of the health benefits of massage, how it can help prior to possible surgery, prevent surgery, and relieve discomfort after surgery. They will also discuss joint anatomy and why massage helps.

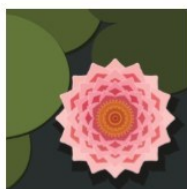
Presented by:



The Maple Center for Integrative Health

*Larry P. Fleschner
Charitable Foundation*





Healing Beyond Borders

Presents

HTI Healing Touch Certificate Program

Nurturing Energy Therapy

for Health Care Professionals and Persons Committed to Healing

Level 1

Schedule: Saturday, March 17, 2018 from 8:30 am - 6:00 pm

Sunday, March 18, 2018 from 8:30 am—6:00 pm

**Location: The Maple Center
1801 N 6th Street, Terre Haute IN**

Tuition Amount: \$275.00 (Required workbook used for 5 classes: \$40)

Full time student with ID - \$175

Purpose: The purpose of this Level 1 Workshop is to enable the learners to be able to practice Healing Touch techniques and self care from a holistic approach in their development as Healing Touch practitioners

Requirement for class completion and CE Credit: Participate in entire class, and supervision. Completion of Evaluation

You will be Learning

- Explore qualities and self-care needs of a Healing Touch Practitioner.
- Discuss the facets of Healing Touch and correlate techniques that support physical, mental, emotional, and/or spiritual healing.
- Demonstrate Healing Presence: the ability to remain grounded, present, and heart-centered.
- Describe personal perceptions of subtle energy/heart-centeredness.
- Apply the Healing Touch Framework to a variety of energy interventions.
- Evaluate the seven energy centers (chakras) and related energy layers that surround the body.
- Describe rationale with use of specific Healing Touch techniques.
- Discuss the Healing Beyond Borders Code of Ethics, Standards of Practice and Scope of Practice required of a beginning Healing Touch student.

For more information or to register go to www.themaplecenter.org

SPRING YOGA RETREAT WITH DEVAKI

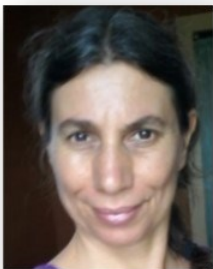


APRIL 21, 2018 FROM 9 AM – 3:00PM

**THE MAPLE CENTER
1801 N 6TH ST, TERRE HAUTE, IN**

RELAX ~ RECHARGE ~ RE-TREAT

Enjoy a gentle yoga class including an introduction into “Ayurveda - Wisdom of Life” and Kirtan “Singing into Bliss”. A vegetarian Ayurvedic meal will be served for lunch.



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.

COST: \$50 PER PERSON. LIGHT LUNCH PROVIDED.

CLASS SIZE LIMITED, REGISTRATION IS REQUIRED. (SLIDING SCALE SCHOLARSHIPS AVAILABLE)

**PLEASE REGISTER BY FRIDAY, APRIL 13, 2018
AT WWW.THEMAPLECENTER.ORG**



The Maple Center for Integrative Health

812-234-8733

The Maple Center Connection

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.



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.