



THE MAPLE CENTER FOR INTEGRATIVE HEALTH

# MONTHLY MATTERS

August 2016

## In This Issue

- Maple Center Update
- The Ways Theraplay Coordinates with the NMT Model
- Back to Balance with Ayurveda
- What is Healing Touch
- Breastfeeding Works Ballot
- LEAF Class
- PlantPure Summit Information
- Creamy Pesto Pasta with Asparagus and Cherry Tomatoes Recipe
- Mushroom Gravy Recipe
- Craniosacral Therapy
- Practitioner Information
- Center Information

## THE MAPLE CENTER UPDATE



The lucky winner of the Yeti Cooler raffle valued at \$550 was..... Marsha Bauer.

Thank you to everyone that purchased a ticket and made the raffle a success.

It's hard to believe that LEAF 7 will be starting in just a few weeks, the class will start on September 22 and there will be an information session on September 8 in the Atrium Classroom at Union Hospital.

This month, we are once again in the middle of our 4 week Cancer class, The Power of Food for Cancer Prevention and Survival. The class started on Aug 9 and will finish up on Aug 30. Thank you to the Hux Cancer Center and Union Hospital for allowing us to use their facility to have the class. Also, thank you to Pomeroy Wellness Program and the Larry Paul Foundation for providing scholarships to class participants.





**Catherine  
Tucker, PhD,  
LMHC, RPT-S**

Catherine is a registered play therapist-supervisor, licensed mental health counselor, school counselor & former tenured professor of counseling.

**For therapy  
appointments  
please call  
812-230-5126**

Theraplay Institute presents at  
2nd Neurosequential Therapies Symposium:

## THE WAYS THERAPLAY COORDINATES WITH THE NMT MODEL

By Dr. Catherine Tucker, LMHC, RPTS

This June, I travelled to Banff, Alberta, Canada to present at the Second Neurosequential Therapies Symposium. The NMT conference is hosted by Dr. Bruce Perry, who you may recognize as the author of "The Boy Who Was Raised as a Dog". Over 700 psychotherapists from the U.S., Canada, Australia, New Zealand, and other countries attended the 3 day event.

During the conference, we heard from "celebrities" in the child trauma therapy field such as: Bruce Perry, Kristi Brandt, Rick Gaskill, and others. We learned about new imaging technology that may make the diagnosis of PTSD in children simpler, ways to manage difficult post-trauma behaviors at school and at home, and what sorts of research is on the horizon. It was a very exciting few days.

My colleague at The Theraplay Institute and I were delighted to present our work during the conference. Our session focused on the ways in which Theraplay coordinates with the NMT model of bottom-up brain development. **In other words, your brain stem is the first part of your brain that is completely developed, and your cortices are the last. In order for trauma work to be effective, especially with young children, therapists have to find ways to engage not only the "thinking"/verbal/conscious areas of the brain, but also the older, less sophisticated areas as well. Theraplay (registered trademark) does this by mimicking early parenting behaviors, and strengthening the bond between the child and his or her caregivers.**

It was very exciting to see the many ways that Theraplay, which is over 50 years old, can be integrated into cutting edge 21st century research and development.

References: weblinks: NMT: <http://childtrauma.org/nmt-model/>

Theraplay: [www.theraplay.org](http://www.theraplay.org)



## Wisdom of Life

### Back to Balance with Ayurveda

#### A SHORT INTRODUCTION

*Ayurveda*, literally means “science of life” it is a traditional holistic medical system from India that draws back on more than 5,000 years of experience. It emphasizes prevention of disease, rejuvenation of your body systems, extension of your life span and is regarded as the sister science of yoga.

#### **AYURVEDIC BUILDING BLOCKS - THE FIVE ELEMENTS**

Ayurveda refers to five elements as building blocks in nature:

1. space/ether    2. air    3. fire    4. water    5. earth

According to ayurveda everything in nature is made from different proportions of these five elements. You are a unique expression of these five elements.

These elements have different qualities and due to these qualities perform different functions in your body.

- 1 *Space/ether* – is empty, allowing movement and communication. Includes all space in the body i.e. in the mouth, nose, gastrointestinal tract, lungs and abdomen. It is associated with sound and the sense of hearing.
- 2 *Air* is energy and is responsible for all movements within the body. It governs the nervous system and is responsible for respiration, ingestion and elimination. It is responsible for the sense of touch and the skin.
- 3 *Fire* is radiant energy and is responsible for body temperature, transformation, digestion, absorption and assimilation of thoughts as well as food. It is associated with the sense of vision and the eye.
- 4 *Water* is fluid and binds everything together. It is anything fluid in the body such as plasma, inter-cellular fluid, urine, sweat and saliva and is responsible for the sense of taste.
- 5 *Earth* gives stability, structure, strength and stamina to our bodies in the form of bones, teeth, skin etc. and is responsible for the sense of smell and the nose.



# Back to Balance with Ayurveda continued

*These five elements combine to form the three doshas or humors*

**VATA** corresponds to Space/Ether + Air

**PITTA** corresponds to Water + Fire

**KAPHA** corresponds to Earth + Water

**VATA** means ‘that which moves things’.

It represents the moving principle in the body, i.e. how fast you move or talk, or eliminate your food, but also your mental activity. It reflects in your mind as joy, creativity, adaptability. It is also the moving force behind the other two doshas.

**PITTA** means “that which digest things’ and is also referred to as ‘bile’.

Pitta dosha is in charge of digestion, on a physical, mental and emotional level.

It reflects as intelligence, courage, enthusiasm.

**KAPHA** means “that which hold things together”.

It provides the substance and support. It represents the principle of stability and support not only for the body but also for the mind. It reflects as patience, love, calmness.

In general mostly one or two doshas are predominant and one is less manifest in your body and mind.

## *Examples of individuals with different doshas*

Vata

If you are predominantly Vata, you tend to be thin, light, and quick in your thoughts and actions. Change is a constant part of your life. When Vata is balanced, you are creative, enthusiastic, and lively. If Vata becomes excessive, you may develop anxiety, insomnia, or irregular digestion.

Pitta

If the Pitta dosha is predominant, you tend to be muscular, smart, and determined. If balanced, you are warm, intelligent, and a good leader. If out of balance, Pitta can make you very judgmental, easy irritable and aggressive.

# Back to Balance with Ayurveda continued

## Kapha

If you have mostly Kapha in your make up, you tend to have a heavier frame, think and move more leisurely and are stable. When balanced, it creates calmness, sweetness, and loyalty. When excessive,

Sources: Dr. David Frawley: Ayurvedic Healing, A Comprehensive Guide

Kapha can cause weight gain, congestion, and resistance to healthy change.

## *Learn about your unique constitution*

### **In our holistic lifestyle consultations you will discover and access**

- your unique constitution, your specific proportions of the doshas (prakruti)
  - your special life circumstances (job, family, climate) and how they interact with your doshas (vikruti)
- Session will be customized advice using combinations of
- specific diet according to your dosha and in regards to the seasons
  - herbal remedies
  - ayurvedic practices for self-care
  - advice on how to adapt to special circumstances (i.e. age, personal family and job situation)
  - yoga postures, breathing and relaxation techniques
  - Healing meditations, affirmations and mantras

I am looking forward meeting YOU!

Please call Devaki to schedule an appointment:

(787) 464-5651(c) (812) 917-2270



Devaki holds a master's degree in psychology of the University of Cologne, Germany, is an internationally certified experienced Yoga Teacher (E-RYT 500+) since 2000, and an ayurvedic lifestyle consultant since 2015. She lived in retreat centers (Ashrams) in the US and Germany and follows a yogic and ayurvedic lifestyle for more than 15 years.

She offers holistic lifestyle consultations, yoga classes (groups & private), workshops, retreats, and is a guest teacher in yoga teacher training courses (US & Germany).

She is a professional member of NAMA (National Ayurvedic Medical Association) and of the Yoga Alliance as an experienced Registered Yoga Teacher (E-RYT 500+)



# WHAT IS HEALING TOUCH AND WHY DO I DO IT?



submitted by Sharon Samsell)

I first learned about Healing Touch when I went to a holistic health center in 1996. At that time I was dealing with some health issues that were not responding well to modern allopathic medicine, nor did I like the choices I was being given regarding medications. At this center I received Acupuncture, Craniosacral Therapy, Healing Touch and Massage. Through these various modalities, I found health and wholeness returning to me in a way I had not found through traditional modern medicine. As I began to learn more about integrative methods of healing, I found myself returning again and again to Healing Touch. It is a way of healing that comes naturally and easily to me, both in giving and receiving. I have found it to be very effective in making a positive difference in a variety of physical, mental, emotional, and spiritual issues. It can also be a very spiritual practice and aligns well with my spiritual beliefs (which are very broad and diverse, though grounded in Christianity). I love doing Healing Touch because of the way it connects us to each other and to the Divine without many words being spoken and it facilitates the natural healing process of the body, mind, and spirit.

So, what is Healing Touch? The formal definition is that "It is a relaxing, nurturing biofield therapy that is an energy based approach to health and healing. Gentle touch assists in balancing your physical, mental, emotional, and spiritual well-being. Touch influences the human energy system which includes the energy field of the body and its energy centers. These non-invasive techniques clear, energize, and balance the energy field to support your natural ability to heal. It is safe for all ages and works in harmony with standard medical care."

What does that mean to you? It means that you will lie on a massage table, fully clothed, and encouraged to relax and close your eyes while healing music plays softly in the background. It means your practitioner will enter a quiet, meditative, and prayerful space and offer healing to you by touching your body gently and appropriately. He/she will use healing techniques that have been developed by a nurse, Janet Mentgen. These techniques have now been researched, studied and proven. There are many benefits such as calming anxiety and depression, decreasing pain, strengthening the immune system, enhancing surgery recovery, supporting cancer care, deepening spiritual connection, creating a sense of well-being, promoting relaxation, and easing acute and chronic conditions. It means you will be encouraged to consult and continue care under your medical doctors, knowing that Healing Touch will work along with, and enhance, whatever treatments or medications you are currently using.

**Healing Touch is now being offered at the Maple Center.**

**To experience Healing Touch, call for an appointment, Sharon Samsell (812-878-2034), or Liz Samsell (812-236-8985).**



**If you are interested in learning how to do Healing Touch, a Level 1 class will be offered in Terre Haute in October.**

**For more information on Healing Touch, go to [www.healingbeyondborders.org](http://www.healingbeyondborders.org).**

## Community

## Resources

The Breastfeeding

Coalition of the

Wabash Valley

Meets every other month  
at various locations

Compassionate Friends

Indiana Wabash Valley

Chapter

4th Thursday of Each

Month

6:30-8:00 PM

1875 South Fruit ridge

(Universalist Unitarian)

Information, memorial

tributes, donations, and

free e-newsletter subscrip-

tion, please contact us at:

tcfwv@googlegroups.com.

Facebook: Type

Compassionate Friends of

the Wabash Valley.

Terre Haute Birth

Network

Advocacy organization to

promote "normal, mother/

baby-friendly birth"

For more information:

Terre Haute Birth and Beyond

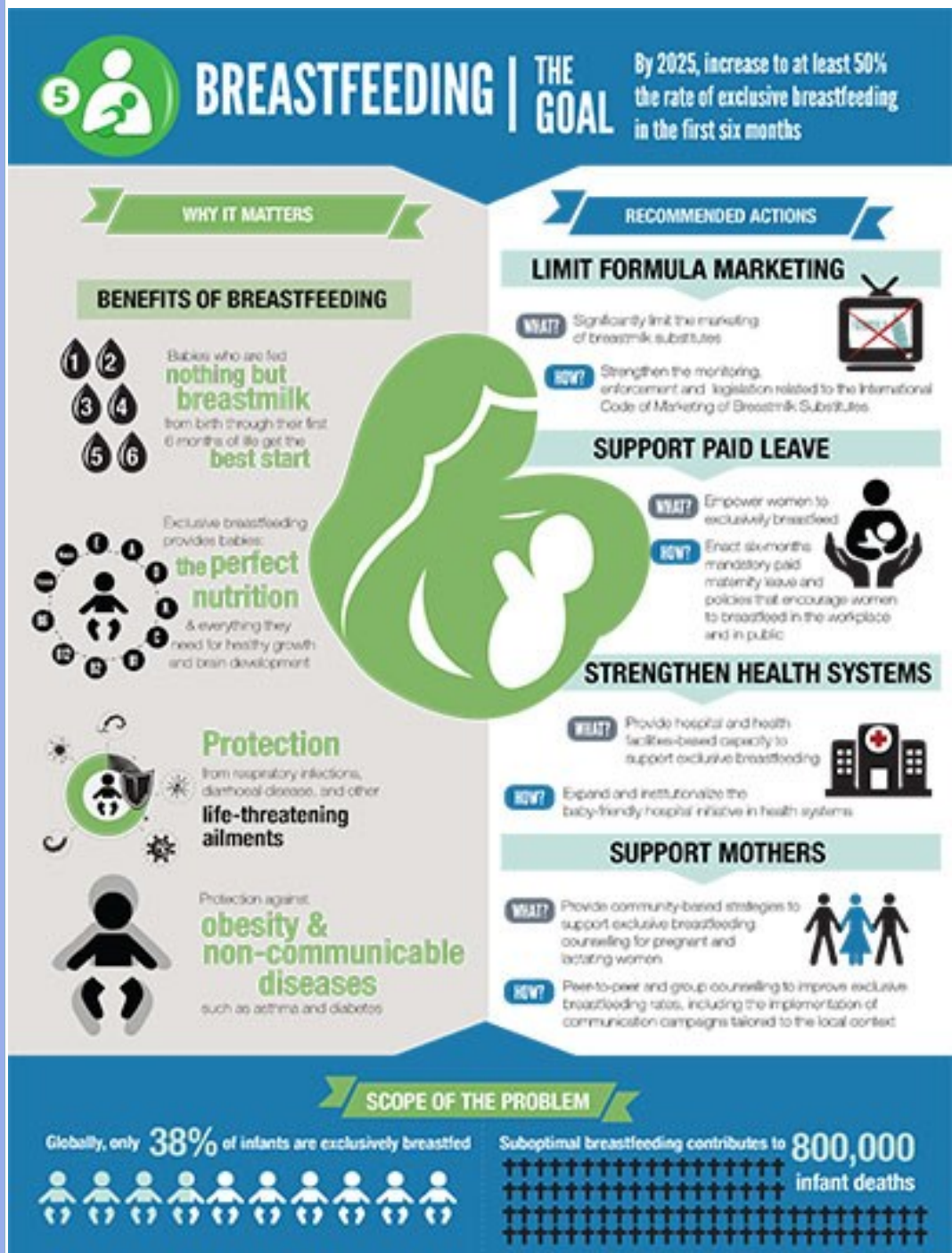
Network on FACEBOOK Or

[https://sites.google.com/site/](https://sites.google.com/site/hbirthandbeyondnetwork/)

hbirthandbeyondnetwork/

# World Breastfeeding Week

1 - 7 August 2016







# Breastfeeding Works

***For the 7<sup>th</sup> Year – Recognize an “Employer that supported your efforts to return to work while breastfeeding”!***

The Breastfeeding Coalition of the Wabash Valley wants to recognize an employer who supported breastfeeding in the work place during the 2015-2016 year.

In August 2016 during National Breastfeeding Month-- the **Breastfeeding Coalition of the Wabash Valley** will be honoring the best supporting employer that **YOU** (the breastfeeding family) feel supported breastfeeding during their return to work & continued to breastfeed while at work.

**Your voice is important to help continue the support that breastfeeding mother’s need from their employers in the work place.**

Please take time to fill in the information below. This will help the Coalition recognize and build community employer’s support of mothers that breastfeed while working.

Business/Workplace & Phone Number: \_\_\_\_\_

Share your story why you think this employer deserves recognition regarding your Breastfeeding experience:

\_\_\_\_\_

\_\_\_\_\_ (if you need more space continue on separate piece of paper)

Your Printed Name : \_\_\_\_\_

Your Signature: \_\_\_\_\_ Your contact number: \_\_\_\_\_

Return the completed form above by **September 1, 2016** to :

The Maple Center  
1801 N 6th St  
Terre Haute, IN 47804

Or go to [www.themaplecenter.org/forms](http://www.themaplecenter.org/forms) to complete online

**Want to...**



**Reach your Ideal body weight?  
Prevent chronic disease?  
Have more energy?  
Have less pain?  
Sleep better?  
Be less depressed?**

**Then turn over a new LEAF**



## **Enroll in our 9 Week Wabash Valley LEAF (Lifestyle Education And Food) Program**

### **Class Information:**

Thursdays, **September 22—November 17, 2016** from 6:30 PM to 8:45 PM

**LOCATION:** International Union of Operating Engineers Hall, 6801 S US Hwy 41, Terre Haute

**COST:** \$199 per individual or \$373 for two people (sharing materials)

Private funding from the Larry Paul Foundation has reduced the cost of this class from \$249 per individual

**FREE** to individuals meeting the Federal Poverty Guidelines.

Thanks to private donations, additional sliding scale scholarships are available also.

### **FREE INFORMATION SESSION - 7:00 PM to 8:30 PM**

No obligation or registration needed to attend information session

**Thursday, Sept. 8, 2016 - Union Hospital East: Atrium Classroom**



**For more information contact:**

**The Maple Center for Integrative Health**

**812-234-8733 or**

**Visit our website at [www.themaplecenter.org](http://www.themaplecenter.org) or**



*This initiative is presented by the Pomeroy Wellness Program – a partnership between Saint Mary-of-the-Woods College, The Maple Center for Integrative Health and several other community organizations. Pomeroy Wellness is a grant of the Terre Haute Chamber of Commerce's Better Health Wabash Valley Initiative and is made possible through the support of Anthem Blue Cross and Blue Shield Foundation. For more information visit [www.smw.edu/wellness](http://www.smw.edu/wellness)*



**Sponsored by:**





THE CONVERGENCE OF PLANT-BASED NUTRITION, LIFESTYLE, & HEALTHCARE

**Reserve your FREE seat for PlantPure Summit 2016, a 10-day online series revealing how the plant-based lifestyle movement is radically improving healthcare.**

**September 7th-16th, 2016**

**Featuring Over 40 of the Top Plant-Based Nutrition, Lifestyle & Healthcare Experts in the World**

**Dr. T. Colin Campbell**

**Dr. Rekha Chaudhary**

**Dr. Dean Ornish**

**Dr. Neal Barnard**

**Nelson Campbell**

**Dr. Baxter Montgomery**

For more information or to sign up for the online series click on the link below:

<http://plantpuresummit.com/ref/86?campaign=Maple> Center - LEAF



# Creamy Pesto Pasta with Asparagus and Cherry Tomatoes

**Serves:** 4

**Serving Size:** 1 1/4 cups

## Ingredients:

### FOR PESTO SAUCE:

- 2 CUPS frozen peas
- 1 1/2 CUPS (12 OZ) firm silken tofu see Chef's Notes
- 1/2 CUP water
- 3 1/2 TABLESPOONS lemon juice
- 2 1/2 TEASPOONS garlic *pressed or minced*
- 1/4 TEASPOON freshly ground pepper
- 2 1/2 CUPS fresh basil leaves, firmly packed 2 oz

### FOR PASTA:

- 1 1/2 CUPS cooked cannellini beans or one 15-oz can no salt added cannellini beans, rinsed and drained
- 6 OZ uncooked whole wheat or gluten-free penne pasta 2 cups
- 3 CUPS asparagus *tough ends removed, stems sliced on the bias into 1/2-in pieces*
- 1 CUP cherry tomatoes *halved*
- Crushed red pepper flakes for garnish, optional

## Directions:

Remove peas from freezer. To thaw, place peas in a bowl, add water to cover, and let stand for several minutes until peas are soft. Drain in a strainer.

To make the pesto, in a food processor fitted with a metal blade, combine tofu, peas, water, lemon juice, garlic, salt and pepper. Process until well mixed.

With a rubber spatula, scrape down the sides of the bowl. Add basil leaves and process until basil has been incorporated into the mixture, but isn't completely smooth. Taste for seasoning, adding more garlic, lemon, salt, and/or pepper as needed. Pesto can be refrigerated up to 3 days.

To make the pasta, drain beans in a colander. Bring a large pot of water to boil. Cook pasta according to package instructions. A few minutes before the pasta is done, add asparagus to the boiling water. Cook until asparagus is tender, about 3 minutes.

Pour pasta and asparagus over beans in colander. Rinse briefly with cool water to stop the cooking. Let mixture drain.

When thoroughly drained, transfer pasta, asparagus and beans to a large mixing bowl. Add 1 cup of pesto. Toss to combine. Taste for seasoning, adding additional lemon juice, garlic, salt, and/or pepper as needed. Fold in 1/2 cup of the tomatoes, reserving the rest for garnish.

Divide pasta mixture between 4 bowls. Top each one with about 2 tablespoons tomato halves. Add a sprinkle of crushed red pepper flakes, if desired.

Reference: <https://www.ornish.com/spectrum-recipes/creamy-pesto-pasta-with-asparagus-and-cherry-tomatoes/>





## Mushroom Gravy

**Serves:** 8

**Serving Size:** 1/4 cup

Try it over your favorite holiday dishes, like Squash with Wild Rice Stuffing, Mashed Potatoes, or Holiday Stuffing.

### Ingredients:

- **4 CUPS (ABOUT 1/2 LB)** crimini mushrooms *thinly sliced or any combination of mushrooms*
- **1/4 CUP** shallots *finely chopped*
- **2 TABLESPOONS** Bragg Liquid Aminos or reduced-sodium soy sauce
- **2 TABLESPOONS** water
- **2 CUPS** unsweetened soy milk
- **1 TABLESPOON** fresh thyme *chopped*
- **1/4 TEASPOON** freshly ground pepper
- **1 1/2 TABLESPOONS** sweet rice flour, arrowroot, or cornstarch
- **2 1/2 TABLESPOONS** water

### Directions:

In a heavy-bottomed saucepan over medium-low heat, sauté the mushrooms, shallots, liquid aminos or soy sauce, and 2 tablespoons water, stirring frequently, until mushrooms have released their liquid and the liquid has evaporated, 4–5 minutes.

Add soy milk, thyme, and pepper. Increase heat to medium, bring to simmer, and cook for 10 minutes.

In a small bowl, whisk sweet rice flour, arrowroot, or cornstarch with 2 1/2 tablespoons water until smooth. Whisk this mixture into mushrooms. Cook, stirring constantly, until mixture thickens and loses any raw starch taste, 2–3 minutes. If mixture becomes too thick, thin with a little more soy milk.

Taste for seasoning, adding more liquid aminos or soy sauce and/or pepper to taste.

Serve warm.



# CRANIOSACRAL THERAPY

By Liz Samsell

Craniosacral therapy is an integrative treatment method designed to improve body functioning. The craniosacral system consists of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord. Due to the importance of this area of the body in one's vitality, restrictions or imbalances in this system can cause any number of sensory, motor, or neurological problems. This could include such issues as migraines; chronic neck and back pain; stress and tension issues; chronic fatigue; TMJ issues; PTSD; learning disabilities, to name just a few.

Craniosacral therapy is a gentle method of detection and correction that encourages the individual's own natural healing mechanisms to break down the negative effects of stress on the central nervous system. It has been shown to also benefit overall health and resistance to disease.

This form of therapy is performed on an individual fully clothed usually while lying on a massage table. It involves a light touch, believed to be no more than the weight of a nickel. It is done with the practitioner monitoring the craniosacral rhythm to assess for restrictions and imbalances and then uses techniques to release problem areas resulting in relieving undue pressure on the brain and spinal cord.

The average length of a session is 45-60 minutes.

Craniosacral therapy is best known for its development through the work of Dr John Upledger, who in 1985, established the Upledger Institute to teach the public and healthcare professionals about its benefits.

# 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**

## **Functional Health & Professional Acupuncture**

Tuesday & Thursday

By Appointment

***Kristen C. Walton, DC, CAC***  
**Clinical Appointments**  
**Call 812-235-4867**

## **Integrative Medical Consultation**

Wednesday & Friday

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, Cranio- 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](http://www.themaplecenter.org)

**Newsletter article submission due by the 22nd of each month for the following month.**  
**Email article to: [dferguson@themaplecenter.org](mailto:dferguson@themaplecenter.org)**



The Maple Center  
for Integrative Health  
1801 N. 6th St, Suite 600  
Terre Haute, IN 47804

**Clinical Office: (812) 235-4867**  
**Nonprofit Office: (812) 234-8733**  
**Website: [themaplecenter.org](http://themaplecenter.org)**  
**E-mail: [info@themaplecenter.org](mailto:info@themaplecenter.org)**

For updates on  
programs “like” us on  
Facebook!



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](http://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](http://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.

Sponsored by:



### Monthly Vegetarian Dinner

Bring a vegetarian dish  
and recipe to share,

Contact Debbie Stevens at  
[debbiestevens53@gmail.com](mailto:debbiestevens53@gmail.com)

Check us out at:  
[www.themaplecenter.org](http://www.themaplecenter.org)