

JUNE 2021



THE MAPLE CENTER

for Integrative Health



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



**Plant Powered
Community Meeting**
via Zoom

June 9, 2021
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

June is Migraine & Headache awareness Month!

Nearly 42 million people in the U.S. suffer from head pain. Worldwide, only 40% of people with head pain or migraine are diagnosed.

Migraines cost approximately 14 billion dollars a year in lost productivity and lost wages.

Suicide attempts for young adults with migraine were three to six times higher than those without migraine.

Migraine sufferers take two and half times as many prescription drugs as non-migraine sufferers.

Some natural cures may help prevent and treat migraine pain

*There are many things
in life that will catch your
eye, but only a few will
catch your heart...*

Pursue those.

~Michael Nolan

Migraine Symptoms and Stages

Stage 1

(Prodrome): Prodrome symptoms may occur days before actual pain hits. Roughly half of all migraine sufferers experience this stage, which is characterized by symptoms of light and sound sensitivity, depression, irritability and lack of appetite.

Stage 2

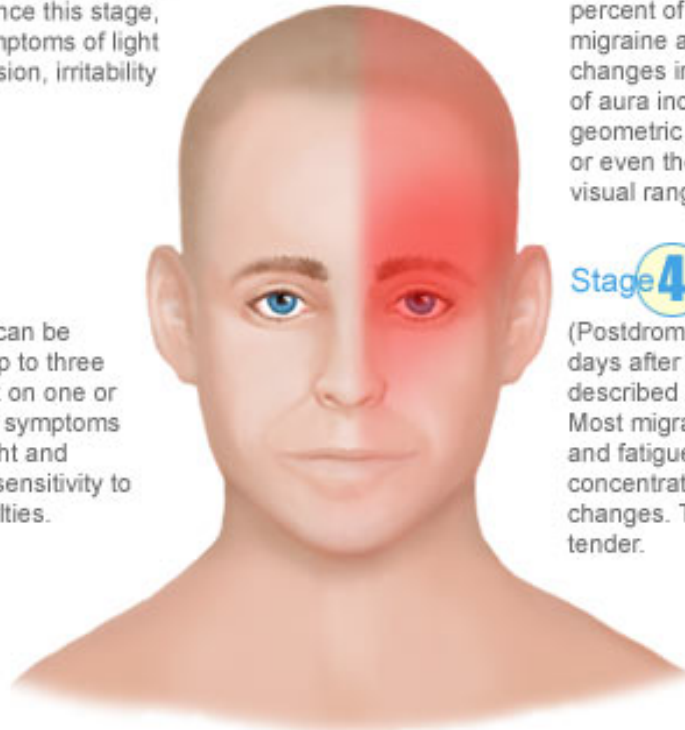
(Aura): Auras usually occur up to one hour prior to the headache. Twenty percent of migraine sufferers experience migraine aura, a phase characterized by changes in visual perception. Symptoms of aura include seeing flashing lights, geometric patterns that obscure vision, or even the temporary loss of half of the visual range.

Stage 3

(Headache): Headache pain can be moderate to severe, lasting up to three days. Migraine pain may start on one or both sides of the head. Other symptoms may include intolerance of light and noise, nausea and vomiting, sensitivity to movement and speech difficulties.

Stage 4

(Postdrome): Symptoms can last several days after the headache, and have been described as a "migraine hangover." Most migraine sufferers may be irritable and fatigued. They may have difficulty concentrating, and experience mood changes. The scalp may also be very tender.



Watch for more serious symptoms

If you are a caregiver for someone who suffers from migraine, it is important to recognize the early signs and symptoms of not only an impending migraine or headache but also conditions that look like migraine but can signal another serious illness.

- **Facial pain.** More facial pain than usual or facial pain in addition to pain behind the eyes and ears may be a sign of giant cell arteritis (inflammation of facial arteries) that can be a precursor to stroke.
- Any **changes in the nature of the migraine.** Pain that is worse than normal or any additional systemic symptoms such as increased heart rate or chest pain may be a sign of something other than just a migraine.
- **Migraine accompanied by fever, rash, or a stiff neck.** This can be a sign of meningitis, a disease that can be fatal if not treated immediately.
- **Neurological symptoms.** Blurred vision, weakness on one side of the body, difficulty speaking, or difficulty breathing may be signs of stroke.

If there is any concern about changes in your migraine symptoms, including the ones listed above or any others with regard to frequency or duration, call your doctor immediately.

Sourced from: <https://paindoctor.com/migraine-and-headache-awareness-month/>

Natural Cures for a Headache

- Dehydration can be an underlying cause of many simple. headaches. It may also alter how a person feels, acts, or thinks. **Drinking enough water** may help prevent headaches or reduce their severity.
- **A cold compress** may be a simple headache solution that many people have on hand. Applying an ice pack or another cold item to the head or neck may help constrict the blood vessels and reduce inflammation in the area. Doing so could temporarily relieve headache pain.
- The **herbal remedy butterbur** has recently gained attention as a first-line defense for preventing migraines. In 2012, the American Academy of Neurologists (AAN) classified the herb as a preventative treatment for migraines.
- **Supplementing with magnesium** has also shown positive pain relief, and doctors recommend 400 and 420 milligrams daily for men, with 310 to 320 milligrams daily for women.
- **Inhaling lavender essential oil** may ease migraine pain. According to 2012 research, people who inhaled lavender oil during a migraine attack for 15 minutes experienced faster relief than those who inhaled a placebo. Lavender oil may be inhaled directly or applied diluted to the temples.
- **Apply peppermint oil.** The menthol in peppermint oil may stop a migraine from coming on, according to a 2010 study. The study found that applying a menthol solution to the forehead and temples was more effective than placebo for migraine-associated pain, nausea, and light sensitivity.
- **Get a chiropractic adjustment.** Research shows that spinal manipulation may be an effective treatment option for tension
- **Acupressure** is the practice of applying pressure with the fingers and hands to specific points on the body to relieve pain and other symptoms. According to a 2014 systematic review, acupressure is a credible alternative therapy for people in pain from chronic headaches and other conditions. A separate study found acupressure may help relieve migraine-associated nausea.
- **Yoga** uses breathing, meditation, and body postures to promote health and well-being. Research shows yoga may relieve the frequency, duration, and intensity of migraines. It's thought to improve anxiety, release tension in migraine-trigger areas, and improve vascular health.
- **A weekly massage** may reduce migraine frequency and improve sleep quality, according to a 2006 study. The research suggests massage improves perceived stress and coping skills. It also helps decrease heart rate, anxiety, and cortisol levels.

Sourced from: <https://www.healthline.com/health/natural-ways-to-reduce-migraines>

Dehydration Symptoms

Mild to Moderate Symptoms

- Thirst
- Dry mouth
- Dry skin
- Less frequent urination
- Fatigue
- Constipation
- Muscle cramps
- Dizziness
- Bad Breath
- Craving sweets

Severe Symptoms

- Rapid heartbeat
- Rapid breathing
- Severe dizziness
- Not sweating
- Extreme thirst
- Low blood pressure
- Sunken eyes
- Unconsciousness

If left untreated severe dehydration can lead to serious health complications including damaging your kidneys, heart and brain.



In general, you should try to drink between half an ounce and an ounce of water for each pound you weigh, every day.

Headache or Migraine Triggers

Migraines may be triggered by a number of things, including:



1. foods and food allergies. Foods such as aged cheeses, salty foods, processed foods, or foods containing aspartame or monosodium glutamate can increase chances
2. seasonal allergies
3. beverages, such as wine, other types of alcohol, or caffeinated drinks
4. medications, such as birth control pills or vasodilators
5. sensory stimuli, such as bright lights, loud sounds, or unusual smells
6. changes in the weather or barometric pressure
7. changes in your hormones during menstruation, pregnancy, or menopause
8. too much sleep or a lack of sleep
9. intense physical activity
10. stress

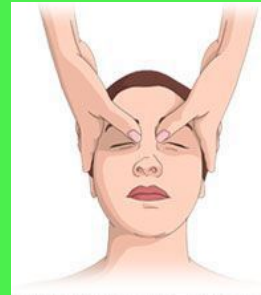
Eliminate or reduce your exposure to these things, as much as possible. Once you narrow down your triggers you are able to try and control them to avoid increasing the odds of them effecting you negatively. Talk to your doctor about medication adjustments and triggers to find the best solutions of adjustmens.



Sourced from: <http://www.precisionpaincarerehab.com/blog/stimulating-pressure-points-for-migraine-relief-20247.html>

Acupressure Points for relieving a Headache or Migraine

Apply pressure to these points



Sourced from: <http://www.precisionpaincarerehab.com/blog/stimulating-pressure-points-for-migraine-relief-20247.html>



POST-TRAUMATIC STRESS DISORDER

PTSD

"When something traumatic happens in your life it rocks you to the core. The world is no longer a safe place. It becomes somewhere that bad things can and do happen."

What is PTSD?

PTSD is a mental health problem you may develop after experiencing traumatic events.

For example: being involved in a car crash, being raped or sexually assaulted, being abused, harassed or bullied, including racism, sexism and other types of abuse targeting your identity, being kidnapped, held hostage or any event in which you fear for your life, experiencing violence, including military combat, a terrorist attack, or any violent assault, seeing other people hurt or killed, including in the course of your job, sometimes called secondary trauma, doing a job where you repeatedly see or hear distressing things, such as the emergency services or armed forces, surviving a natural disaster, such as flooding, earthquakes or pandemics, traumatic childbirth as a mother or partner witnessing a traumatic birth, losing someone close to you in particularly upsetting circumstances, being sectioned or getting treatment in a mental health ward, being diagnosed with a life-threatening condition.

Symptoms of PTSD

Reliving what happened

- vivid flashbacks
- intrusive thoughts or images
- nightmares
- intense distress at real or symbolic reminders of the trauma
- physical sensations such as pain, sweating, nausea or trembling

Feeling on Edge, Avoiding feelings or memories or difficult feelings

- panicking when reminded of the trauma
- being easily upset or angry
- extreme alertness
- disturbed sleep or a lack of sleep
- irritability or aggressive behaviour
- finding it hard to concentrate
- being jumpy or easily startled
- other symptoms of anxiety
- avoiding anything that reminds you of the trauma
- feeling emotionally numb or cut off from your feelings
- being unable to express affection
- doing things that could be self-destructive or reckless
- using alcohol or drugs to avoid memories
- feeling like you can't trust anyone
- feeling like nowhere is safe
- feeling like nobody understands
- blaming yourself for what happened
- overwhelming feelings of anger, sadness, guilt or shame

How can I help myself?

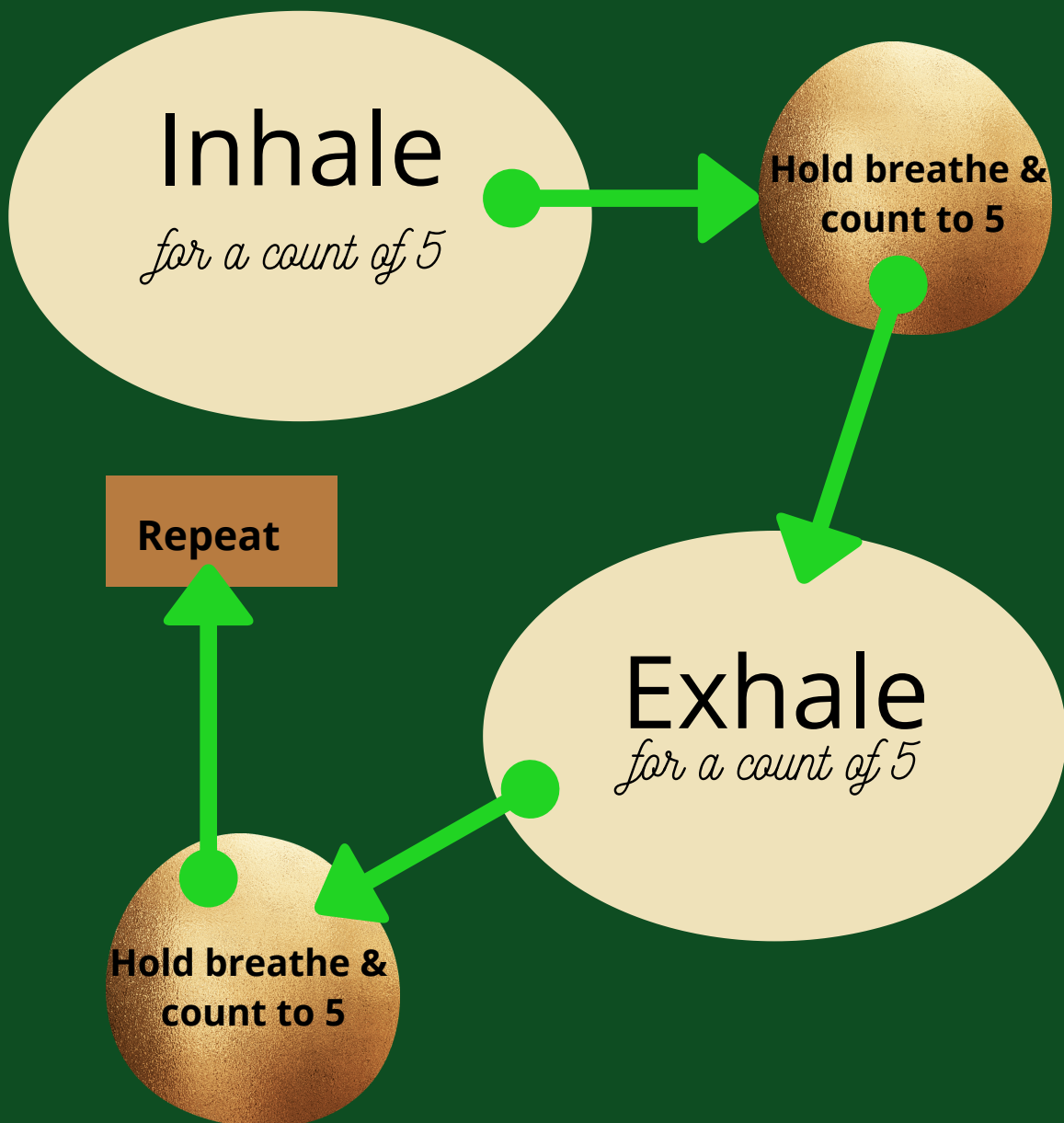
- Focused breathing
- Comfort yourself with an object
- Keep a diary triggers
- Use grounding techniques

Talk to your doctor or therapist about your feelings, Trauma-focused cognitive behavioural therapy (TF-CBT), Eye movement desensitization and reprocessing (EMDR) and possible medications to help relieve your symptoms.

Sourced from: <https://www.mind.org.uk/information-support/types-of-mental-health-problems/post-traumatic-stress-disorder-ptsd-and-complex-ptsd/about-ptsd/>

Use Your Breath to Focus Your Mind

1. Sit comfortably
2. Breathe from your belly
3. Follow the routine below



You will feel your body begin to relax
and your stress melt away



Plant-Based Recipes:



Mixed Bean Salad

Serves 10

Ingredients:

- 3-2-1 Salad Dressing (6 Tbsps balsamic vinegar, 1/4 cup Dijon mustard, 2 Tbsp maple syrup)
- 1-1/2 cups kidney beans, 15 oz can, drained and rinsed, or fresh cooked
- 1-1/2 cups pinto beans, 15 oz can, drained and rinsed, or fresh cooked
- 1-1/2 cups black eyed peas, 15 oz can, drained and rinsed, or fresh cooked
- 1 10 oz pkg frozen lima beans, thawed
- 1 cup frozen corn, thawed
- 1 large red bell pepper, diced
- 1/2 medium purple onion, diced
- 1 tsp salt, or to taste
- 1 tsp black pepper, or to taste

Instructions:

Dice up red bell pepper and onions. Rinse and drain canned beans. Run warm water over the frozen corn to defrost it. Mix everything together and serve.

Sourced from: <https://eatplant-based.com/easy-bean-salad/>



Hummus Veggie Wrap

Serves: 4

Ingredients:

- 4 tortillas
- 1 cup hummus
- 1/2 cucumber
- 2 small tomatoes sliced
- 1 avocado sliced into thin slices
- yellow bell pepper sliced into thin slices
- 1 carrot julienned
- 1 cup mixed salad greens
- 4 teaspoons hot sauce or sriracha optional

Instructions:

1. Warm up the tortillas in a microwave for 8-10 seconds.
2. Spread about 4 tablespoons of hummus
3. Layer the sliced cucumber, tomato, avocado, bell pepper, and carrot.
4. Top with mixed salad leaves.
5. Drizzle with sriracha hot sauce.
6. Wrap up the tortillas tightly in a burrito shape, cut in the middle, and serve.

Sourced from: <https://littlesunnykitchen.com/hummus-veggie-wrap/#wprm-recipe-container-22898>



We would like to gather information from the community about the center, it's services, our strenghts and weaknesses so that we can improve our offerings.

Please complete the survey below.
It will only take about 5 minutes to complete and if you list your email address you will be entered into a drawing for a possible prize.
(Email addresses will not be sold off and will be for internal use only)



SAVE THE DATE

Writing Through the Heart

A writing workshop led by Jamie Lee based on the book, *Writing Down the Bones*, by Natalie Goldberg. With the intention of learning more about oneself, there will be a different topic each night and time for one-on-one or possibly group discussion.


**THURSDAY NIGHTS, JUNE 17 - JULY 8, 2021 •
6 TO 7:30 PM • FREE, JUST SIGN UP
THE MAPLE CENTER IN THE FLESCHNER CLASSROOM**



Chair Yoga

Thursdays at 10am

Classes are offered in the Maple Center's Fleschner Memorial Classroom Classroom and are streamed live online via our Facebook page.

 @themaplecenternonprofit

This class is offered free of charge thanks to our generous sponsor:



SPACE is limited on site



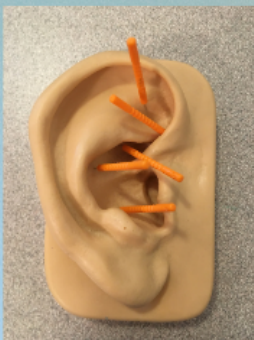
The Maple Center
for Integrative Health Nonprofit 501 (c)3
1801 North 6th Street, Suite 600
Terre Haute, IN 47804
812-234-8733
www.maplecenter.org

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

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!

Monthly Matters from The Maple Center



Partnering Private Practices

Integrative Medical Consultation and Medical Acupuncture

**Monday through
Thursday
By Appointment**

**Kathleen A. Stienstra,
MD
Clinical Appointments
Call 812-235-4867**

Therapeutic Massage Therapy

**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