



The Maple Center
for Integrative Health
501(C)3 NONPROFIT



2025

We are beyond excited to announce a new physician to our Integrative Roots team, Dr. Abigail Karius. Her expertise and compassionate care will be a wonderful addition as we continue to provide holistic health services to those we serve. Our first class series of the new year, Turning Over a New Leaf, is in full swing and we are thrilled to have a FULL CLASS!! This informative series is sure to change the way people view the foods that are eating and give them a clear mindset to stay on the right path. We can't wait to see what 2025 has to offer and the collaborations that we establish. Make sure you follow us on Facebook to stay up-to-date!

Contact Us:

Website:

www.maplecenter.org

[812-234-8733](tel:812-234-8733)

Reminders

Free Auricular (ear)
Acupuncture every
Monday from 4p-6p.
Sessions end by 7pm.

Chair yoga every
Wednesday from 10a-11a
on Facebook Live.



The Maple Center
for Integrative Health
501(C)3 NONPROFIT



2025

As we move into the darker time of the year, you may be noticing that it is harder to arise in the morning and your mood might also be darker. Light plays a very important role in our brain chemistry, sleep/wake cycles and mood. Light travels from our retina through a nerve connection to the pineal gland which controls diurnal rhythms. You can help your body shift to the recent time change and help the winter doldrums by using a therapeutic light in the mornings. A more serious experience of depression has been dubbed SAD or Seasonal Affective Disorder. Today, therapeutic lights shown to help SAD have become much less expensive. You can buy a 10,000 lux LED light the size of an Ipad for under \$40 on Amazon. Expose your eyes to it for 30 minutes in the AM-while you are getting ready in your bathroom or eating breakfast. You don't need to look straight at it. Regular use is helpful-preferably before 9:00 AM. A light alarm might make it easier to awaken. You can program your light alarm to slowly intensify light like a sunrise over 10 to 30 minutes. It can then make a sound alarm when at full intensity. Wishing you light filled mornings!



[SUXIO Light Therapy Lamp Amazon](#)



The Maple Center
for Integrative Health
501(C)3 NONPROFIT



2025

Abby Karius, MD, is a family medicine physician who graduated from Indiana University School of Medicine in Terre Haute in 2018. After completing residency in Illinois, she worked at an integrative family medicine office in Illinois prior to joining our office. She is passionate about incorporating a holistic perspective into medical care, and has pursued additional training through the Institute for Functional Medicine, the American College of Lifestyle Medicine, and the Andrew Weil Center for Integrative Medicine.

She will be offering personalized functional medicine focused on identifying root causes, and makes it a priority to find evidence based treatment options that align with each individual's goals and priorities.

When not at work, Dr. Abby enjoys spending time with her husband, step-son, and 3 foster children. She loves herbal tea, gardening, and all forms of fiber arts. Her favorite ways to pass time are wandering through the woods attempting to identify plants, digging in the dirt, or knitting while listening to audiobooks.

She will be offering personalized functional medicine consultations focused on identifying root causes, and makes it a priority to find evidence based treatment options that align with each individual's goals and priorities. Appointments will be available starting in mid January at 812- 235-4867

Welcome Dr. Abby Karius!! We look forward to having you on our team!

