



MAPLE CENTER

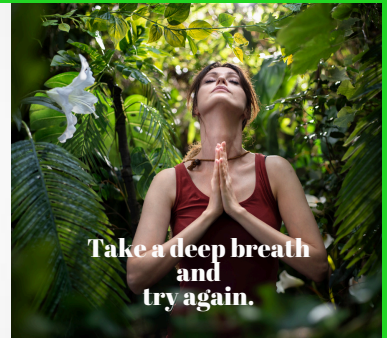
Integrative Health

Monthly Matters



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

JUNE 2024



Basis of a Healthy Lifestyle

- Eating nourishing foods that contain vitamins, minerals, and fiber can help give you a balanced diet
- Limit processed foods and sugars such as packaged foods and frozen foods; whole foods gives you the nutrients that you need to stay healthy
- Drink 8 to 13 cups of water daily to stay hydrated and to improve your energy, digestion, and heart health
- Take a 10 minute walk everyday to help boost heart health
- Eat three meals a day and watch your intake in protein, calories, sugar, and nutrients
- Exercising regularly can help increase blood flow to your brain during physical activities
- A reasonable sleep schedule can help boost your memory and brain health
- Playing mentally-active games can keep your brain trained
- Being interactive with people more often can help you steer-clear of depression and stress

**Low Histamine
Cooking Class
June 11 th @
Noon**

Types of Meditation

- **Guided meditation.** An instructor talks you through the process. This is especially helpful for beginners.
- **Unguided meditation.** There's no instructor, and you're free to choose your own pace and methods.
 1. Focused Breathing - Feeling your breath flowing in and out of lungs
 2. Box Breathing - Inhale for 4 seconds, hold for 4, exhale for for 4 seconds, hold for 4
 3. Anxiety relief meditation - Get comfortable, close your eyes, ask yourself where in your body the anxiety resides, visualize the anxiety leaving your body with each exhalation.
 4. Transcendental meditation - a journey to inner peace with a certified teacher.
 5. Mindfulness meditation - focus on your breath while doing a repetitive activity and being mindful of the present moment.
 6. Walking meditation - focus on your steps
 7. Trauma-informed meditation - involves grounding & self-regulation exercises to help you relax and deal with a trauma that has occurred.
 8. Mantra meditation - repeating a mantra such as "I am grateful or I am enough" or one of your choosing.
 9. "Do nothing" meditation - Pause for a moment and take a few breathes.
 10. Nature-inspired meditation - connect with nature even if it is looking up to the sky

Reference: <https://psychcentral.com/health/types-of-meditation>

Monthly Yoga Pose to Reduce Stress



Cat/Cow Pose

- Start in the tabletop yoga pose; be sure that your hands are shoulder-distance apart
- Make sure that your palms are flat on the mat
- Gently curl your spine up towards the ceiling
- As you relax your head, begin to slowly drop it towards the floor, letting it hang
- After a few seconds, slowly release back down back into tabletop
- Then begin to arch your back by lowering your belly and lifting your chin towards the ceiling
- As you lift your chin higher and higher, continue to arch your back
- Then finally after a few seconds, return back to tabletop pose

If these helped you reduce some stress think about attending one of our classes to further your skill level. Information on classes is listed at the back of this newsletter, at our website and on our Facebook page.



June is Alzheimer's and Brain Awareness Month!

Facts about Alzheimer & Brain Health

- 1 in 3 seniors dies of Alzheimer's or dementia
- More than 5 million Americans are living with Alzheimer's

10 Warning

Signs of Alzheimer's

1. Memory Loss
2. Difficulty performing familiar tasks
3. Problems with language
4. Disoriented to time or place
5. Poor or decreased judgement
6. Problems keeping track of things
7. Misplacing things
8. Changes in mood or behavior
9. Trouble with images or spatial relationships
10. Withdrawn from work or social activities

8 Signs of Dementia

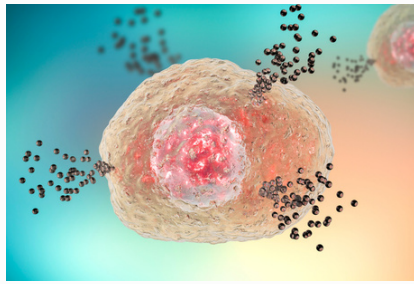
1. Memory loss that disrupts daily life
2. Confusion with time or place
3. Difficulty reasoning
4. Attention/ Concentration issues
5. Challenges in planning or solving problems
6. Impaired judgement
7. Difficulty with language
8. Changes in mood or behavior

Medical management can improve quality of life for individuals living with brain health issues.

Treatment addresses several areas:

- Helping people maintain brain health.
- Managing behavioral symptoms.
- Slowing or delaying symptoms of the disease.

If you or a loved one are having problems consider the Bredesen Seven Program that can be scheduled with Dr. Kathleen Stienstra at 812-235-4867.



Signs You May Have Histamine Intolerance

Do you have a strange mix of symptoms?

Ever wondered if you might have histamine intolerance or a mast cell disorder?

Here is a list of symptoms to watch for:

- **Skin Problems** - hives or flushing after eating or drinking a high histamine items. Overreaction to bug bites, or chronic itching.
- **Inflammation** - any type of inflammation can potentially have a connection.
- **Cardiovascular symptoms** - racing heart, irregular heartbeat, palpitations or sudden change in blood pressure
- **Difficulty regulating Body Temperature** - cold, overheating with severe sweating or sensitivity to outside temperature.
- **Chronic Migraines or body pain** - with inflammation you may experience body pain or chronic migraines. Also, some foods that high in histamine can cause migraines.
- **Environmental Sensitivities or other sensitivities** - reaction to scents, perfume, or odors. Light, sound or medication sensitivities.
- **Food Sensitivities** - reaction to gluten, corn, nuts or other high histamine foods.
- **Digestive Issues** - bloating, diarrhea, constipation, acid reflux, nausea, mouth sores, IBS, leaky gut, vitamin & mineral deficiencies.
- **Fatigue** - unexplained weakness, constant fatigue or exhaustion, brain fog, and shortness of breath.
- **Nerve Issues** - feels like your skin is tingling or on fire, or unexplained anxiety.
- **Hormone Imbalances** - thyroid issues, estrogen dominance, or lots of pain during your period or lots of bleeding during it.
- Other symptoms may include: watery eyes, runny nose, sinus issues or sleep disorders.

Consult your physician if you are concerned that you may have a histamine intolerance.

If you are looking for a way to combat some of the symptoms sign up for our Low histamine cooking class on June 11, 2024 from noon to 1:30 pm. Learn and have lunch with us.



Plant-Strong Recipe:

Cinnamon Rice Pudding

Makes 4 servings

Ingredients

1 cup cooked brown rice
1 1/2 cups unsweetened oat milk, divided
2 tablespoons cornstarch
1 teaspoon vanilla extract
1 teaspoon ground pure cinnamon
1 pinch sea salt
Directions



Add the rice and 1 1/4 cups milk to a saucepot and bring to a bowl. Reduce the heat to low and let simmer for 10 minutes, stirring frequently.
Add the remaining 1/4 cup milk and cornstarch to a small bowl and whisk to combine and create a slurry. Add the slurry to the pot, stir to combine, and let simmer for 2 minutes until it thickens.

Add the vanilla, cinnamon, and salt and stir to combine. Enjoy warm or let sit in the refrigerator for 1 hour to cool.

Note: Add mix-ins to this as you desire. Some options are lemon zest, blueberries, raisins, or ground cloves. If you prefer it sweeter, add your sweetener of choice.

Source: Recipe by Dustin Harder, from The Power Foods Diet by Neal Barnard, MD

No-Bake Granola Cups

Ingredients



Granola Cups:

1 1/2 cup **granola**
1/2 cup **sunflower seeds (chopped)**
2 tbsp **agave syrup**
2 heated tbsp **sunflower seed butter**
1 pinch **Salt**

Filling:

1/4 cup **sunflower Seed Butter**

Topping:

1/2 cup **dairy-free chocolate chips**

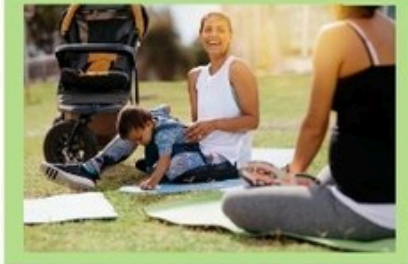
1. I recommend measuring the ingredients in grams on a kitchen scale. You can watch the video in the post for visual instructions.
2. First, combine all the granola cup ingredients in a bowl and stir with a spoon or your hands. Alternatively, use a food processor. The mixture should stick together when pressed between your fingers. If it doesn't, add a little more liquid sweetener until it does.
3. Then, grease a cupcake tin or silicone mold with cooking spray, and divide the mixture between the holes (this recipe yields 6-8 cups depending on the size of the pan).
4. Use the back of a tablespoon measuring spoon (or a shot glass) to press the oat mixture firmly into the pan and make a 'cup' dent in the center of each.
5. Then, place a heaped teaspoon of the nut or seed butter of your choice into the center wells of each granola cup and transfer it to the freezer for about 60 minutes.
6. Then, melt the dairy-free chocolate chips in a microwave or over a water bath, optionally with 1-2 teaspoons of coconut oil, and pour this over each granola cup (it will solidify quickly). Remove them from the tray, and enjoy!

Recipe inspired by Omgchocolatedesserts

Upcoming Event: Family Yoga in the Park



Classes led by Jaci Cooper, RYT-200



Register at:
maplecenter.org



Family Yoga in the Park

Join us for a relaxing and fun family yoga session at one of Terre Haute's Parks. Our experienced instructor will guide you through a series of poses suitable for all ages and experience levels. A fun way to relax with your family!

Dates to be Announced for
June and July on our
Facebook Page

\$5 per person/per class
or \$20 per family/ per class

Parent participation is required.

No drop offs allowed.

Parents may attend with multiple children.
A 1:3 parent child ratio or less is
recommended.

In the event of undesirable
weather we will post a
cancellation notice on the
Maple Center Facebook page



Sponsored by:





Food Samples included

HEALTHY COOKING CLASSES

2nd Tuesday each month, Noon- 1:30pm

JUNE 11 - **LOW HISTAMINE COOKING** BY CHLOEE HURST, RDN, LD

JULY 9 - **GROWING & COOKING WITH EDIBLE MUSHROOMS** BY CHLOEE HURST, RDN, LD

AUG 13 - **GARDEN TO TABLE COOKING** BY CHLOEE HURST, RDN

SEPT 10 - **GUILTY PLEASURE FOOD & DRINK REPLACEMENTS** BY CHLOEE HURST, RDN, LD

OCT 8 - **HEALTHY HOLIDAY MEALS** BY SYLVIA MIDDAUGH, RDN, LD

NOV 12 - **HEALTHY DESSERTS** BY SYLVIA MIDDAUGH, RDN, LD

DEC 10 - **AYURVEDA FOR THE CHANGING SEASON: WINTER** BY DEVAKI LAMMET OWNER OF ANANDA WELLNESS

Cost: \$20 per class or \$100 for 6 classes

**Use your
\$100 VIP
Nonprofit
Credit**



**Register at maplecenter.org
70 W Honey Creek Parkway
Terre Haute**

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
70 W Honey Creek Parkway
Terre Haute, IN 47802



LIVE STREAMING
OR
IN - PERSON

Chair Yoga

EVERY WEDNESDAY
AT 10 TO 11 AM

70 W HONEY CREEK PARKWAY
OR ON FACEBOOK
THEMAPLECENTERNONPROFIT



DISCOVER PEACE AND BALANCE

WHY CHOOSE OUR CLASS:

- Suitable for Beginner
- Enhance Flexibility and Strength
- Calm Your Mind
- Improve Posture and Balance

NO CHARGE
OPEN TO
PUBLIC

Sponsored by:



Monthly Matters from The Maple Center

Gentle Yoga

With Jaclynn Cooper at The Maple Center



This Yoga class combines mindful breathing and slow, gentle movements to encourage a relaxed body and a calm mind.

Every Wednesday 5:30-6:30 PM
at
70 W. HoneyCreek Parkway
Fee: \$5.00



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

www.maplecenter.org



Larry P. Fleschner
Memorial Classroom



MINDFULNESS MEDITATION

Group led by Jean Kristeller, PhD
Meditation Professional

Meditation is a holistic wellness tool to connect energetically to our bodies, beyond the physical being. There is lots of data to support the mind-body benefits of meditation, but at the end of the day, it's a connection to yourself, your breath, your heart, and your soul. Meditation is a gift we can give ourselves to just take a beat in a fast-paced lifestyle and ensure some healthy, mindful breaths to regulate the nervous system.

Join Mindfulness
Meditation, a
weekly meditation
group!

Group Meeting:
Each Tuesday
Time:
5:30 PM-6:30 PM

at ISU - Root Hall
Room B-027

FREE and
open to the
public!

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



DONATE



Funds raised help support our programming costs and give scholarships to those less fortunate 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.
- 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!



70 W Honey Creek Parkway
Terre Haute, IN 47802
www.maplecenter.org

Partnering Private Practices

Integrative Medical Consultation & Medical Acupuncture

Monday through
Thursday
By Appointment

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

Alternative Health Screening

By Appointment

Darla Sullivan
alternativehealthscreening@gmail.com

**Appointments
Call 765-719-1570**

Mindful Growth Psychological Services for all ages

By Appointment

Dr. Abbie Jones
www.mymindfulgrowth.com

**Appointments
Call 812-214-5152**

Integrative Medical Consultation

Monday thru Thursday
By Appointment

**Rebecca Barger,
NP-C
Clinical Appointments
Call 812-235-4867**

Nutritional Healing Consultations

By Appointment

**Chloee Hurst RDN,
LD
Call 812-235-4867**