



# MAPLE CENTER

## Integrative Health

# Monthly Matters



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

# AUGUST 2024



## *Basis of a Healthy Lifestyle*

### **Help Your Body Detox**

Some things you can do to help your body detox naturally are:

- **Drink plenty of Water** - water does more than quench your thirst. It regulates your body temperature, lubricates joints, aids digestion and nutrient absorption, and detoxifies your body by removing waste products
- **Eat antioxidant rich foods** - Antioxidants protect your cells against damage caused by molecules called free radicals.
- **Eat foods high in prebiotics** - Gut health is important for keeping your detoxification system healthy. Your intestinal cells have a detoxification and excretion system that protects your gut and body from harmful toxins, such as chemicals.
  - **Eat sulfur-containing foods.** Foods high in sulfur, such as onions, broccoli, and garlic, enhance the excretion of heavy metals like cadmium.
  - **Support glutathione** - Eating sulfur-rich foods like cabbage, broccoli, and garlic helps enhance the function of glutathione, a major antioxidant produced by your body that is heavily involved in detoxification.
  - **Switch to natural cleaning products and personal care items.** This reduce your exposure to chemicals.
  - **Take Epsom salt bath, use a sauna or exercise** - sweating helps to flush out toxins and impurities from your skin.

**Garden to Table  
Cooking Class  
Aug 13 th @  
Noon**

# August is NATIONAL WELLNESS MONTH



## Creating Healthy Routines

All healthy routines should include eating a nutrition-rich diet, drinking plenty of water, exercising, and getting enough sleep,

- **Start small.** If you change up your routine all at once you probably won't end up sticking with it. Pick one small thing each week to work on. It could be adding something new and positive, or cutting out a bad habit. Small changes add up.
- **Add to your existing habits.** You probably already have some good habits worked into your daily routine. Try adding a new habit to your existing ones. For instance, if you want to eat healthier add an additional vegetable to your plate a couple times a day.
- **Make swaps.** Think about the things you do during the day that aren't so healthy and swap them with better behaviors. For example, would normally eat a sugary snacks for a quick pick-me-up, try taking a brisk walk instead endorphins flowing. Or if you find yourself going to bed late set an alarm to remind you to go to bed a little earlier.
- **Plan ahead.** When life gets hectic, you may be tempted to skip out on the new parts of your daily routine. Plan you meals, schedule time to exercise, and take water with you. This way you will help set yourself up for success.
- **Make time for things you enjoy.** Even if it's just 15 minutes a day, set aside time to do something you enjoy. This helps release chemical messengers in your body that are good for your physical and mental health.
- **Reward yourself for small victories.** Set your goals and celebrate when you reach them. If you added a new healthy habit and have continued to maintain the habit for a couple of weeks then reward yourself with an activity you enjoy.
- **Don't beat yourself up.** Making changes can be hard and you might forget to do something that is new to your routine every once in a while. The process does not have to be perfect, you just need to continue to try. Work harder the next day to include the change. On average it takes 66 days for a change to become a habit.



# Monthly Yoga Pose to Reduce Stress



## Child's Pose

Is an important resting posture and a wonderful way to stretch your body. Child's Pose is a gentle stretch for the shoulders, back, hips, thighs, neck, and ankles and can help relieve back pain.

- Come to your hands and knees on your yoga mat.
- Spread your knees as wide as your mat, keeping the tops of your feet on the floor with the big toes touching.
- Rest your belly between your thighs and root your forehead to the floor. Relax the shoulders, jaw, and eyes. If it is uncomfortable to place your forehead on the floor, rest it on a block or blanket. There is an energy point at the center of the forehead in between the eyebrows that stimulates the vagus nerve and supports a "rest and digest" response. Finding a comfortable place for your forehead is key to gaining this soothing benefit.
- Stretch your arms in front of you with palms toward the floor or bring your arms back alongside your thighs with palms facing upwards. You can also stretch your arms forward with palms facing up for a shoulder release or try bending your elbows so palms touch and rest your thumbs at the back of the neck. In this position inch the elbows forward.
- Stay as long as you like, eventually reconnecting with the steady inhales and exhales of your breath.

**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.**

# Plant-Strong Recipe:



Makes 4 servings

3 apples, cored and chopped  
1 cup pitted cherries, fresh or frozen and thawed  
1/4 cup unsweetened apple juice  
1/8 teaspoon iodized salt  
2 tablespoons maple syrup  
1 1/2 tablespoons cornstarch diluted in 2 tablespoons cold water  
1/2 teaspoon ground cinnamon  
1 teaspoon pure vanilla extract  
Directions

- Combine the apples, cherries, apple juice, salt, and maple syrup in a medium saucepan. Cover and bring to a gentle boil over medium-high heat.
- Reduce the heat to low and simmer, covered, for 5 minutes, or until the fruit is soft.
- Slowly add the diluted cornstarch, stirring constantly to prevent lumping, until the mixture becomes thick.
- Stir in the cinnamon and vanilla and turn off the heat. Serve warm (or refrigerate and serve chilled).

Note: Kudzu root starch can be used in place of the cornstarch for an even healthier dessert. Kudzu is known for its alkalizing effects.

Change up the fruits for fun, and top with a little low-fat granola for a delicious treat.

Source: Dr. Neal Barnard's Cookbook for Reversing Diabetes by Neal Barnard, MD; recipe by Christine Waltermeyer

# Plant-Strong Recipe:



## **Peach & Avocado Green Salad**

**Yield: 8 side salads**

½ small red onion, very thinly sliced (about ½ cup)  
10 to 12 ounces baby arugula (12 to 15 lightly packed cups)  
2 medium ripe peaches or nectarines, pitted and thinly sliced,  
peels on or off (about 2 cups)  
2 medium ripe avocados, diced (about 2 cups)  
⅔ cup unsalted sliced almonds  
⅔ cup vegan cheese crumbles

### **Lemon Dressing**

¼ cup extra virgin olive oil  
¼ cup freshly squeezed lemon juice (from 1 to 2 lemons)  
½ teaspoon Dijon mustard  
1 clove garlic, pressed or minced  
¾ teaspoon kosher salt or a heaping ¼ teaspoon fine sea salt  
¼ teaspoon ground black pepper

**Make the salad:** Place the red onion in a small bowl and cover with water. Let it rest while you prepare the rest of the salad. (This will keep the flavor of the onion but remove some of the harsh after-bite.) Place the arugula in a large serving bowl.

To **toast the almonds**, place them in a small skillet over medium-low heat. Cook, stirring frequently (careful, they can burn), until the almonds are fragrant and starting to turn golden on the edges, about 4 to 5 minutes. Set aside.

**Make the dressing:** In a small bowl or large liquid measuring cup, whisk together the dressing ingredients (the oil, lemon juice, mustard, garlic, salt, and pepper). Drizzle half of the dressing over the greens, then toss to coat. Drain the red onion, then scatter it over the arugula. Top with the peaches, avocados, almonds and cheese. Just before serving, drizzle on a bit more dressing and give it a final, gentle toss to combine. Enjoy, with additional dressing as desired.

**Food Samples included**

# HEALTHY COOKING CLASSES

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

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**

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



**Register at [maplecenter.org](http://maplecenter.org)  
70 W Honey Creek Parkway  
Terre Haute**



# KIDS COOKING

June 6 & 20

July 11 & 25

Ages 9-12, 9:30am-11am

Ages 5-8, 1pm-2:30pm

Cost is \$10.00 per child

Pre-registration is required.

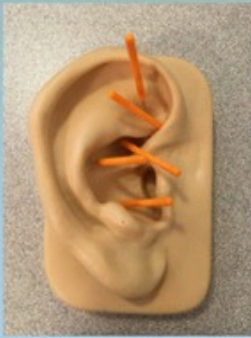
Torner Center  
Deming Park  
500 S Fruitridge Ave  
Terre Haute, IN 47803  
To register, call 812-232-0147 or  
email [leah.stump@terrehaute.in.gov](mailto:leah.stump@terrehaute.in.gov)



# 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](http://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](http://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](http://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**

### **Mindful Growth Massage**

**Book Online at  
mymindfulgrowth.com/  
massage  
or**

**Call Call 812-214-5152**