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Hunger or Emotional Eating ?

When you are physically hungry your brain communicates that you need to eat for energy. The brain communicates this through different signals telling you to stop what you're doing and eat.

Characteristics of Physical Hunger:

- Physical sensations in the stomach, including emptiness, growling, grumbling, or gnawing.
- The physical sensations come on slowly.
- The desire for food may be less specific and can be satisfied with any number of foods.
- Physical sensations may be accompanied by fatigue, difficulty concentrating, moodiness, or anxiety.
- Once full, you are likely to stop eating
- Doesn't cause feelings of guilt after eating

Emotional eating is eating as a way to suppress or soothe negative emotions.

Characteristics of Emotional Hunger:

- Sensations of hunger are associated with the onset or intensification of strong emotions, including anxiety, stress, anger, sadness, happiness or joy.
- Hunger feels sudden & urgent, often in conjunction with an intense emotion.
- The desire or craving for food is more specific. For example: pizza, chips, ice cream, dessert.
- The sensations of hunger may feel tied to a desire for soothing, comfort, relaxation or numbing.
- Occurs independent of the last time you ate and you tend to eat more than you normally would.
- Causes guilt afterwards.

We sometimes move between the two types of hunger. Understanding why you are eating can help you to realize

Healthy
Holiday Meals
Cooking Class
Nov 12 th
@Noon



Tips for Mindful Eating

- **Before you eat ask yourself “Why am I eating?”** -make sure hunger is why you are eating and not boredom or stress.
- **Be present and aware while eating** - Sit down and don't snack if the kitchen or eat in your vehicle.
- **Chew food slowly** - try using your non-dominant hand. It's not a race to finish first.
- **Savor your food and eat mindfully** - Remove distractions
- **Place healthy foods in readily available places.**

Monthly Yoga Pose to Reduce Stress



Butterfly Pose



- From a seated position, bring the soles of your feet together, a comfortable distance away from your pelvis.
- If you are able to fold forward from the hips, allowing your spine to round, placing your hands in front of you then do so.
- Relax your legs and spine and allow gravity to work with your body weight.
- Hold for 3 to 5 minutes.

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:



Buddha Bowl

Makes 4 servings

2 sweet potatoes, cut into 1/2-inch chunks
Cooking spray (optional)
1 cup cherry tomatoes, halved
4 cups broccoli, chopped into bite-size pieces
2 cups baby spinach
2 cups shredded red cabbage
2 zucchini, ribboned or spiralized
2 teaspoons Italian seasoning
2 cups cooked quinoa
2 cups edamame, shelled and cooked
1/4 cup chopped fresh parsley
1 cup sprouts (optional)
1 avocado, peeled and sliced (optional)
1/4 cup toasted walnuts (optional)
1/4 cup tahini
2 tablespoons tamari or soy sauce
2 teaspoons lemon juice
2 teaspoons maple syrup
1/2 teaspoon dried basil
1 tablespoon water, plus more as needed

- Preheat oven to 400 F. Line a large baking sheet with parchment paper. Add the sweet potatoes to the prepared baking sheet with parchment paper or a light cooking spray. Bake for 20 minutes.
- Remove the sheet tray from the oven. Toss the potatoes and push them to one side of the sheet tray. Add the tomatoes and broccoli to the empty side of the sheet tray. Bake for 15 minutes, until the sweet potatoes are fork tender.
- Add the zucchini to the sheet tray, sprinkle everything with Italian seasoning, and toss all of the vegetables and potatoes together until everything is coated.
- To make the sauce, add the tahini, tamari, lemon juice, maple syrup, water, and basil to a blender and blend until creamy; add more water as needed for a thinner consistency. You can also add the ingredients to a bowl and whisk until combined if a blender isn't available.
- Assemble a bowl with 1/2 cup of quinoa on the bottom of the bowl. Add 1/2 cup spinach and 1/2 cup cabbage. Top with 1 heaping cup of the roasted potato and vegetable mixture, 1/2 cup edamame, and 1 tablespoon parsley. Finish the bowl off with sprouts, 1/4 avocado, and toasted walnuts, if using. Drizzle with the savory sauce.

Source: Recipe adapted from Dr. Kristi Funk by PCRM



Plant-Strong Recipe:



Quinoa Vegetable Soup

Yield: 4 to 6 servings

3 tablespoons extra virgin olive oil
1 medium yellow or white onion, chopped
3 carrots, peeled and chopped
2 celery stalks, chopped
1 to 2 cups chopped seasonal vegetables, like zucchini, yellow squash, bell pepper, sweet potatoes or butternut squash
6 garlic cloves, pressed or minced
½ teaspoon dried thyme
1 large can (28 ounces) diced tomatoes
¾ cup - 1 cup quinoa, rinsed
4 cups (32 ounces) vegetable broth
2 cups water
1 teaspoon salt, more to taste
2 bay leaves
Pinch red pepper flakes
Freshly ground black pepper
1 can (15 ounces) great northern beans or chickpeas, rinsed and drained
1 cup or more chopped fresh kale or collard greens, tough ribs removed

- Warm the olive oil in a large Dutch oven or soup pot over medium heat. Once the oil is shimmering, add the chopped onion, carrot, celery, seasonal vegetables and a pinch of salt. Cook, stirring often, until the onion has softened and is turning translucent, about 6 to 8 minutes.
- Add the garlic and thyme. Cook until fragrant while stirring frequently, about 1 minute. Pour in the diced tomatoes with their juices and cook for a few more minutes, stirring often.
- Pour in the quinoa, broth and the water. Add 1 teaspoon salt, 2 bay leaves and a pinch of red pepper flakes. Season generously with freshly ground black pepper. Raise heat and bring the mixture to a boil, then partially cover the pot and reduce heat to maintain a gentle simmer.
- Cook for 25 minutes, then remove the lid and add the beans and the chopped greens. Continue simmering for 5 minutes or more, until the greens have softened to your liking.
- Remove the pot from heat, then remove the bay leaves.

Reference: cookieandkate.com/quinoa-vegetable-soup-recipe



Plant-Strong Recipe:



Squash and Caramelized Onion Pasta

Yield: 2-3 servings

14 oz peeled butternut squash or firm pumpkin
olive oil
salt and black pepper, to taste
1 large red onion, peeled and thickly sliced
2 tbsp balsamic vinegar
3 kale leaves, de-stemmed and finely shredded
1 large garlic clove, finely diced
2 tbsp nutritional yeast
7 oz wholewheat Penne pasta or Gluten Free pasta
chili flakes, optional
chopped toasted hazelnuts, optional

Instructions:

- Heat up the oven to 390° F and grab a large baking tray.
- Cut your squash/pumpkin into a uniform dice, coat in about 2 tsp of olive oil and season with salt. Place on a large baking tray, leaving about a third of the tray free.
- Coat onion slices in small amount of olive oil and place on the same baking tray. While squash/pumpkin pieces should be as spread out as much as possible to get a nice char, the onions slices should overlap so that they stay moist.
- Bake for about 30 minutes, giving both a good stir 15 minutes in. After 30 minutes, your squash/pumpkin should be done – if so, remove it from the tray.
- Season cooked onions and coat in balsamic vinegar. Return to the oven for another 10-15 minutes, giving the onion another stir halfway through (approx. 7 minutes in).
- Cook the pasta in plenty of water, just short of al dente. 1.5 minutes before the time is up, save about 2 tbsp of pasta cooking water and add finely chopped kale to the pasta. Cook for another minute and drain.
- Heat up non-stick pan and add the garlic and allow it to fry on a very low heat, stirring frequently. Do not let it brown as it will make it taste bitter.
- Once the garlic is softened and fragrant, add nutritional yeast, a pinch of salt and about 2 tbsp of the pasta cooking water you saved earlier. Stir everything together so that you get a light emulsion that will coat your pasta.
- Add drained pasta and kale to the pan, coat well in the sauce.
- Stir baked squash/pumpkin and caramelized onion through the pasta, adjust the seasoning if needed.
- Divide between two bowls, sprinkle with chili flakes and toasted hazelnuts.

Reference: lazycatkitchen.com/squash-caramelised-onion-pasta



Plant-Strong Recipe:



Pecan Pie Recipe (No Corn Syrup!)

Yield: 2-3 servings

- 1 9-inch Pie Crust
- 3 tablespoons cornstarch or arrowroot
- 1 cup water
- 1 1/4 cup pure maple syrup
- 1/2 teaspoon salt
- 2 tablespoons vegan margarine or butter
- 1 teaspoon vanilla extract
- 1 cup pecans chopped
- 1 cup pecan halves

Instructions

1. Preheat oven to 350 F
 2. Pre-bake the crust.
 3. Now make the pecan pie filling. In a small bowl, combine cornstarch or arrowroot and 1/4 cup of water and set aside.
 4. In a medium saucepan, add the remaining 3/4 cup of water and maple syrup and bring to a boil on high heat for 5 minutes. Then add salt and the cornstarch mixture and stir vigorously until the mixture thickens and becomes clear. This will happen pretty quickly and there is a noticeable change in texture and thickness.
 5. Remove the mixture from heat and stir in the vegan butter, vanilla, and 1 cup of the pecans which should be chopped into small pieces. Stir until combined.
 6. Pour the pecan pie filling into the prebaked crust. Arrange the other 1 cup of pecans gently on top of the pie.
 7. Bake for 30 minutes.
 8. Cool on your counter for 1-2 hours and then move the pie to the fridge to cool until fully chilled. The pie will firm up more and more during the entire cooling process.
 9. Once cooled and set up, serve.
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Reference; wowitsveggie.com/vegan-pecan-pie

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



IN - PERSON OR LIVE
STREAMING ON FACBOOK

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

Sponsored by:



Monthly Matters from The Maple Center

Food Samples included

ONLY 2 CLASSES LEFT


HEALTHY COOKING CLASSES

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

NOV 12 - AYURVEDA FOR THE CHANGING SEASON: WINTER BY DEVAKI LAMMET OWNER OF ANANDA WELLNESS
 DEC 10 - HEALTHY DESSERTS

Cost: \$20 or use your VIP credit

Use your \$100 VIP Nonprofit Credit


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



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!

Monthly Matters from The Maple Center



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

Partnering Private Practices

Integrative Medical Consultation & Medical Acupuncture

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By Appointment

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Clinical Appointments
Call 812-235-4867**

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Darla Sullivan
alternativehealthscreening@gmail.com

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Dr. Abbie Jones
www.mymindfulgrowth.com

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