



Monthly Matters

The Maple Center for Integrative Health



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January 2011

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**Buy Your
FUNDRAISER
TICKETS
Now!**

Cheers to Good Health

Saturday, February 12

7:30-11PM

See page 8 for details.

**Get your tickets from board
members or at the center.**



CHIP- Coronary Health Improvement Project

Do you have heart disease, high cholesterol, high blood pressure, diabetes, or indigestion and wish you could feel better and reduce the number of medications you take?

Most people are not aware that it is possible to REVERSE coronary artery disease. There is research to demonstrate this is possible with easy lifestyle changes. Angina (chest pain) cholesterol, blood sugar, blood pressure and aches and pains can actually improve and resolve. Reduction in medications for high blood pressure, diabetes, high cholesterol and heart disease commonly occur, and costs for hospitalizations and procedures reduce significantly for those who follow CHIP (Coronary Health Improvement Project). Best of all, people, have more energy, fewer joint pains, weight loss without hunger, etc! It's easy to be told to eat better, exercise more, and reduce stress but to actually make these changes can be hard without the necessary knowledge, and support. Learning how to make these changes in a supportive educational environment can be fun.

CHIP is an eight week community based therapeutic lifestyle changing program offered as 2 evening classes/wk that assists participants in preventing or reversing serious chronic illnesses with unrestricted low fat, unprocessed healthy eating, moderate regular exercise, stress management and group support. Over 50,000 people have completed this curriculum with published effective results. (www.chiphealth.com.) CHIP includes 2 Health screens (blood work and measurements before and after), food preparation demonstrations and samples, instructor presentations, instructional materials, and DVD based education. An optional applied nutrition workshop and grocery store tour are offered.

The Maple Center has already made this CHIP program available for two series of classes in the Wabash Valley. The second program, CHIP 2, was completed on November 18, 2010. There were 49 participants in this class along with 5 CHIP alumni from the pilot CHIP class who took advantage of being able to attend again for refresher purposes and the social support. This is a great alumni benefit for only \$25. CHIP 2 classes were held at the Clabber Girl facility. Clabber Girl, Terre Haute Chamber of Commerce and Indiana State University were all very helpful and generous sponsors of this CHIP program.

Here are some quotes from “CHIPERS” (alumni from the first two CHIP programs):

“I have been eating CHIP style since October 2009 and exercising every day (almost) since New Years.

Result: Weight from 203.6 lb down to 155.4.

Body mass index has gone from 29 down to 22.

Sleep apnea: I no longer need the machine, and I hardly snore now. This is one of the best CHIP results. I feel great, full of energy and hopeful that as I grow older I can maintain good health. “

Jerry Fine, PhD, Professor at Rose Hulman Institute of Technology

“The CHIP program met our goals and we would encourage anyone from those with serious health issues (diabetes, high blood pressure, high cholesterol) along with anyone who wants to ‘kick start’ themselves on a path to better living to sign up. We are confident that you will see significant improvements and not regret the time or money invested as it will pay dividends during and after the program.”

Mark and LeRaye Cameron, Wabash Valley CHIP pilot class graduates

“By applying the healthy lifestyle information presented in the CHIP program, the results for me have been significant. My weight has dropped from 162 to 137 lbs.,but most importantly, I no longer take cholesterol or high blood pressure medications. The added benefit is that I am saving more than \$600 every 3 months in prescription costs.”

Jim Snapp, Finance Manager

“We have learned how to lower the risks of diseases, and even reverse attacks on our health by what we eat. Acquiring this knowledge will influence our eating choices the rest of our lives.”

Ken Baker, Director, Human Resources AET, Inc.



We are in the process now of preparing for our next program, CHIP 3. We hope many of you will be interested in joining us for this wonderful educational opportunity to improve your health, meet a lot of nice people and have lots of fun. Once again this program will be sponsored by the Terre Haute Chamber of Commerce and Indiana State University.



CHIP will be offered on Monday and Thursday evenings starting Feb. 7 at the ISU John T Myers Technology Building Auditorium, 650 Cherry Street from 6:30pm to 8:45 for eight weeks. The cost is \$399/person or \$650/couple.

Free information sessions are being held on the following dates at 7:00 pm at the Chamber of Commerce office, 630 Wabash in Terre Haute: January 10, 13, 18 and 20.



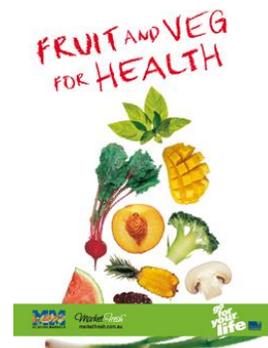
The information sessions are a great way to learn more about this program. Contact The Maple Center for Integrative Health office at 812-234-8733 for more information, including a free brochure, as well as to register for the program if you are unable to attend one of the free information sessions. You also are welcome to contact me for information or to ask questions.



Thank you and here's to better health in 2011 and many years to come!



Submitted by,
Karen Cunningham
CHIP Co-coordinator
sheval8@yahoo.com
812-241-0149 cell





The Maple Center

Calendar Connection

**Integrative Medical
Consultation and
Medical Acupuncture**
Monday through Thursday
By Appointment
Kathleen A. Stienstra, MD

Clinical Appointments
Call 812-235-4867

Music Therapy
Wednesday Afternoons
By Appointment
Fee: \$50.00
50 Minute Session
Tracy Richardson, MS, MT-BC
Call 812-249-4290

Healing Touch
Weekdays By Appointment
Margaret Moga, PhD
Call 812-240-3302

Natural Childbirth Classes
Saturday
Noon-5 PM, Fee \$50.00
Annette Alexander, Doula
For Dates and Registration
Call The Maple Center
812-234-8733

Therapeutic Yoga
Jan. 12, 19, 26
Feb. 5, 12, 19
Hux Cancer Center
Pre-registration is required.
Cost: \$60.00
Call The Maple Center
812-234-8733

Acupressure for Back Pain

Sandra Hendrich, PT, DPT

*Doctor of Physical Therapy, Assistant Professor, Indiana State University
Clinician, The Maple Center*

Board Member, The Maple Center

sandra.hendrich@indstate.edu

Back pain is one of the most common reasons for someone to be referred to me for physical therapy, and while the many possible *sources* of back pain is not the point of this article, suffice it to say that some causes of back pain are multifactorial and complex in nature, while others are more simple, and therefore more easily treated. According to theories of Traditional Chinese Medicine, back pain is caused by stagnation or an obstruction in the flow of “chi” or vital energy throughout the back region. It is the obstruction or stagnation in the channels where the chi flows, which gives rise to the pain. The obstruction also produces malnourishment to the area. The goal of Traditional Chinese Medicine treatment then is to restore the natural flow of chi by removing obstructions and improving the circulation to the area.

Regardless of the root cause of back pain, there are some basic principles which hold true when it comes to utilizing acupressure massage to treat this malady. First is that regardless of the source of the discomfort, acupressure can decrease pain, which generally leads to improved mobility and function and improved quality of life. Second, acupressure points can be used on the hands and feet, and wrists and ankles to yield astounding results. This is especially helpful if you are treating yourself and cannot reach your back, or if it is too uncomfortable to get in a position to have your back touched. And finally, acupressure massage can be done conveniently on yourself through self-massage, or can be done by another, with similar results.

For the point of this article, the acupressure points I’ve chosen are effective for relieving back pain, regardless of the cause, and are not meant to treat the *condition*, but to relieve pain and discomfort. While there are multiple points throughout the body and along the back that are effective, I want to focus on 3 points in the foot, ankle and hand region. Acupressure points found in the hands/feet and wrist/ankles are very effective for relieving pain, and in my clinical practice I have seen significant (and at times amazing!) results with the use of these points. Also, they are fairly easy to get to on your own, and are easy to find if you are trying them on someone else.

A very effective point for the treatment of back pain is found in the ankle, BL-60, or “High Mountains”. This point is located on the outer ankle, between the Achilles tendon, and the large bone that sticks out on the side of the ankle. Press and hold on this point, or massage downward on the point, letting your finger move in the groove between the Achilles tendon and the ankle bone. Massage for at least one minute, or until the point is less tender to touch. Massage both ankles.



BL-60 High Mountains



Massage of BL-60

Another potent point for treating back pain is found in the foot, LV-3, “Great Rushing”. This point is good for treating pain in general, and can be especially helpful for relieving pain when combined with LI4 in the hand, another point which we discussed for the treatment of neck pain and headaches. While it might seem that I am being repetitive and showing you the same points each article, for the novice, just getting good at locating and effectively massaging these potent points such as LI-4, can be of great benefit as they produce a powerful response in the body.



LI-4 Joining of the Valleys

Now, find the Great Rushing point on the top of your foot. The point is easily located by running your finger between the first and second long bones in the foot, near the junction of the first and second toes. Your finger should slide into a depression, and this is the correct location of the point.

This acupressure point can be quite painful at times, so you will know when you are correctly on it. Massage this point for at least one minute on each foot. Use less pressure if it is too painful.



LV-3 Great Rushing

Another method to massage this point on yourself is to use the heel of one foot to massage the Great Rushing point on the other foot as illustrated below. This can be beneficial when you are experiencing pain, and you cannot bend over to reach your feet, or when you are performing the acupressure massage on yourself. Massage in downward strokes using your heel to apply the pressure. Continue until the point is less tender or your back pain lessens.



Self-Massage of LV-3

The third point that I want to show you is found in the hand. If you read the article about the treatment of neck pain, you will remember I showed you the “stiff neck point” found in the hand. When treating acute low back pain, you can combine the stiff neck point with an additional point in the hand, San Jiao 3, (Central Islet) and press/massage these points at the same time for pain relief. While the stiff neck point is found between the first and second long bones in the hand, the Central Islet point is found in the same area, but between the fourth and fifth long bones. If possible, have someone else massage these two points at the same time for the treatment of severe pain, or if no one is available, simply massage each point separately, at least one minute each, and don't forget to massage both hands.



Treatment for acute back pain

While back pain can be a common occurrence, Traditional Chinese Medicine offers a natural approach to treatment. The use of acupressure massage will improve the flow of chi in the body, improve the circulation and nutrition to the injured area, and reduce pain, all while supporting the body's natural healing mechanisms.



BOOK REVIEW

Kate S. OShea (director of the Institute of Orthopedic Psychology) writes in her book FINDING YOUR BALANCE: Caring of Mind, Body and Soul in Times of Discomfort, Instability and Surgery, that the connection between mind, spirit, and body is a vital consideration in healing whether it is after surgery or by any pain that our body has. Our skeleton is designed to support us effortlessly and our awareness of our body is key in the maintenance of that delicate balance. Knowledge of the 4 weight bearing points of foot that should meet the ground as we walk helps us to balance the weight throughout the foot can reduce pain in the le, hips and even back. (See diagram on page 39).

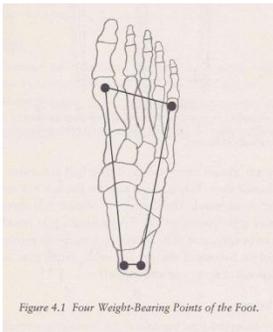


Figure 4.1 Four Weight-Bearing Points of the Foot.

As our body “talks” to us through pain we direct our awareness toward it, accept it

as a tool for problem solving, and make adjustments to ease the pain.

She presents physical and mental practices to help us become more aware of our body, to nourish our whole being, and to take control of what is needed. She states “We

cannot predict what life will hand us, but we can choose how we respond...My hope is that you come to know yourself and trust your self-knowledge as much as you trust your doctor.” The practical tips in the book help the reader to do just that.

Perfection is the nightmare of the self-oriented mind liberation is the nature of the all-accepting heart. Stephen Levine

*Submitted by Kathy Hackleman,
Retired Librarian Vigo County Public Library*

HEALING TOUCH



French documentary film director, Laurent Lutaud, and his cameraman/assistant, Armand Rouleau, visited the Maple Center on Monday, December 6 for a preliminary shooting of Dr. Margaret Moga's Healing Touch experiments. Mr. Lutaud is working on a film documentary, titled "Vital

Energy", for French, German and Quebec television. The documentary will be focused on complementary medicine, particularly acupuncture and hands-on healing. Mr. Lutaud was particularly interested in filming the magnetic field changes that Dr. Moga observes during Healing Touch. Magnetic field activity may be a good measure of human 'vital energy'. Mr. Lutaud and crew will return in the Spring for additional filming.

Laurent Lutaud's films:

<http://www.docu-films.fr/lutaud/index.html>

*Submitted by
Margaret Moga, PhD
Indiana School of Medicine, Terre Haute
The Maple Center Board Member*



NEW BOARD MEMBER

Please welcome Steve Browning to The Maple Center Board! Steve is a CPA and Vice President at 1st Financial. We look forward to having him share his expertise as a member of The Maple Center's Finance Committee. WELCOME, Steve!

COMMUNITY RESOURCES



**THE
COMPASSIONATE
FRIENDS**
Supporting Family After a Child Dies

Indiana Wabash Valley Chapter

**4th Thursday of Each
Month
6:30-8:00pm
1875 S. Fruitridge
(Universalist Unitarian)**

Information, memorial
tributes/donations and free
e-newsletter subscription,
please contact us.

Email: tcfwv@googlegroups.com

Facebook: Type [Compassionate
Friends of the Wabash Valley](#)



The Breastfeeding Coalition of the Wabash Valley

Meetings:

Monthly - First Monday
5:30 PM

Union Hospital
Professional Office
Building (POB), Room 352
Corner of 7th St. and 8th
Ave.

For more information, call
The Maple Center
812-234-8733



Antioxidants and the Color of Foods

I know the gardens are all at rest at this time but as we reflect on how important good health is I thought this information from Dr. Andrew Weil's website is a nice reminder about incorporating all the colors of the rainbow with our food choices.

Wishing all of you a happy, healthy and prosperous New Year!

ENJOY!!!

Submitted by
Karen Cunningham, PT
Maple Center Board of Directors

Green vegetables (which contain lutein and zeaxanthin, carotenoid antioxidants that can protect aging eyes from developing cataracts and macular degeneration):

- spinach
- collards
- kale

Cruciferous vegetables (contain antioxidants and other phytonutrients that reduce cancer risk):

- broccoli
- cabbage
- Brussels sprouts
- cauliflower
- turnips

Orange/yellow fruits and vegetables (rich in carotenoids that protect the immune system):

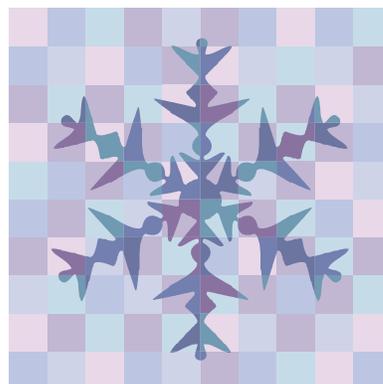
- sweet potatoes
- carrots
- mangoes
- apricots

Red pigmented fruits (contain lycopene, a powerful antioxidant that helps fight heart disease and some types of cancer, particularly prostate cancer):

- tomatoes
- watermelon
- papaya
- pink grapefruit

Blue/purple fruits and vegetables (these hues come from anthocyanins, phytochemicals that protect against carcinogens and may help prevent heart disease):

- blueberries
- purple grapes



The Maple Center for Integrative Health

Presents

Therapeutic Yoga Stretching, Strengthening, and Relaxation



Saturdays 10:00-11:30 AM
Jan. 12, 19, 26; Feb. 5, 12, 19
Hux Cancer Center

1711 N. 6 1/2 St., North of Union
Hospital

\$60.00 for six Saturday classes.
Class is limited to 20.

Taught by Jan Croft, MS, LPT, licensed physical therapist and masters level mental health counselor, these 6 weekly 1.5 hour sessions provide a gentle approach to improve your physical conditioning, flexibility and relaxation skills. This program can be started by anyone. Research has shown that the benefits of yoga include: increased flexibility of the neck, back, chest, and shoulders; improved physical strength and function; improved quality of life/inner peace; and decreased side effects from chemotherapy.



SPOTLIGHT ON AMERICORPS

Introducing... two Indiana State University AMERICORPS volunteers who will be working at The Maple Center. Kathryn Keep will be working primarily in the area of marketing including the new website, Facebook and newsletter; and Demarcus Sneed who's primary role will be with the CHIP program. We are very appreciative of the skills that they bring to their assigned tasks at The Maple Center. When you are at the center be sure to give them a warm Maple Center welcome!

In their own words:



I am a Saint Mary-of-the-Woods graduate student studying Earth literacy. I'm also a full time mom and part time writer. My focus is on advocacy in the form of writing and marketing. I believe that integrative healthcare and holistic health education should be available to everyone in our community. My goals are to create a marketing plan for The Maple Center and hopefully offer ideas to make the organization a little greener in more ways than one.

I am a Senior Indiana State University student double majoring in Health Education and Physical Education. I am originally from Chicago, Ill but my current hometown now resides in Hammond, Indiana. I will graduate with my bachelors degree in December 2011 and plan on attending graduate Schooling post graduation. In graduate school I plan on pursuing a masters and Phd in Public Health in hopes of becoming a college professor or some other professional in the field. The CHIP program will give me a chance to gain some experience working in an environment related to my career aspirations.



facebook

We're on Facebook!

Be a fan of The Maple Center by adding mplcenter@gmail.com



Save a tree!

Sign up for the e-newsletter

Just send an email to mgeib@themaplecenter.org

FUNDRAISER

4th Annual



Cheers to Good Health

Saturday, February 12, 2011
7:30PM – 11:00PM

The Ohio Building Meeting and Banquet Center 
670 Ohio Street, Terre Haute, IN
Tickets \$25
At the door \$30



Join us for an evening of healthy hors d'oeuvres catered by SIMPLY DECADENT and tasting fine wines, juices and chocolates- good for you and good for *The Maple Center for Integrative Health.* Rich in antioxidants, the evening's fare will benefit you and vital health-related services for your community.

TO PURCHASE TICKETS:
The Maple Center, Inc.
1801 N. Sixth Street
Suite 600
Terre Haute, IN 47804
www.themaplecenter.org
(812) 234-8733

SILENT AUCTION!

The Maple Center gratefully acknowledges the generosity of the supporters of this fundraiser!

Donations for Silent Auction Accepted Until February 2, 2011

Drop off your new health related items or gift certificates at The Maple Center for the Cheers to Good Health silent auction.

For acknowledgement, please remember to fill out a donation form.

Thank You for Your Support!