

September 20, 2013

IT IS POSSIBLE TO REVERSE CORONARY ARTERY DISEASE

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?

The Maple Center for Integrative Health is pleased to present Wabash Valley LEAF (Lifestyle Education and Food). This is a similar program to CHIP, previously offered, but half the cost (\$195/individual and \$365 for two people who share materials.) The program is eligible for reimbursement through flexible spending accounts and medical savings accounts. Sliding scale scholarships are available through the generosity of past participants and a grant from the Wabash Valley Community Foundation.

The pilot program for this new curriculum will be offered in the new UAP clinic building educational space. There are only spots for 30 non-alumni people for this pilot, so sign up now if you are interested. The 10 alumni spots have already been filled.

For more information or to register for the fall Wabash Valley LEAF program, attend the **LAST free information session Tuesday, Sept 24 at 7 pm in the Atrium classroom, Union Hospital East** or contact The Maple Center for Integrative Health: 812-234-8733, 1801 N 6th Street, Suite 600.

Most people are not aware that it is possible to REVERSE coronary artery disease. There is ample research to demonstrate this is possible with the lifestyle changes taught in LEAF. 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 LEAF. 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.

The LEAF program is built around the evidence based Nutrition Education Curriculum from Physicians Committee for Responsible Medicine- which can be offered in the community at a lower cost than our former curriculum CHIP. The principles taught are the same.

Co-sponsored by Union Hospital, UAP Clinic, Terre Haute Chamber of Commerce, and Regional Hospital, LEAF is an eight week community based therapeutic lifestyle changing program offered as a series of 8 evening classes (plus a commencement celebration) 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. LEAF 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 (cooking school) and grocery store tours are offered. Class dates are Oct. 10, 14, 17, 24, 31, Nov 7, 14 and 21. Commencement date is Dec. 5, 2013. Free Monthly Alumni Support Meetings follow.