



Monthly Matters Newsletter

The Maple Center for Integrative Health

September 2012

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www.themaplecenter.org

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<http://www.themaplecenter.org>

The Maple Center
For Integrative Health's

WEBSITE!

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and clinical services
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The Joy of Healthy Eating Sponsored by The Maple Center for Integrative Health and Union Hospital Saturday, September 15, 2012 The Landing at Fort Harrison, 3350 N 4th Street, Terre Haute

(The agenda and registration information for this wonderful conference follows. Hope you'll all be able to attend!)

9 am: "Back to Fresh Foods"-Humorous review of current food craziness and ways to bring health and sanity to your food choices--Chef Wendell Fowler. (More from Chef Fowler on pages 3-4 & 6)

10 am: "The Joy of Digesting Well" - Say goodbye to heartburn, constipation, irritable bowel, and diverticulitis--Kathleen Stienstra, M.D., Maple Center Board Chair.

11:15 am: "The Joy of Mindful Eating"-Ways to cultivate your "inner gourmet" while bringing mindful awareness to the foods you choose to eat and enjoy. --Jean Kristeller, Ph.D., Indiana State University Professor Emeritus.

Noon-1 pm: Lunch and "The Joy of Easily Prepared Foods" - Chef Wendell will demonstrate how to prepare the food we are enjoying for lunch.

Menu: Mediterranean Quinoa Salad, Green Salad with Beets and Oranges, Whole Grain Rolls, and Chocolate Pudding or Chocolate Dipped Strawberries

Advance Registration Required: \$20. Last day to register is Mon., Sept 10, 2012. *Register online—www.themaplecenter.org or email kalexander@themaplecenter.org or call 812-234-8733 for more information.*

CME Credits: Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

A heartfelt thank you to our Presenting Supporters: Baesler's Market, CHIP, The Landing, Regional Hospital, and Union Health Systems. We also are very grateful to our Contributing Supporters: Clabber Girl, ISU Center for the Study of Health Religion and Spirituality and the Terre Haute Farmers' Market.



What in the Heck is CHIP?

Since 2009 The Maple Center has been presenting the Complete Health Improvement Program (CHIP) formerly known as the Cardiac Health Improvement Project, to the community. After Wabash Valley CHIP 5, we have a total of 225 alumni. Numbers of participants have grown with each class. Co-sponsors of the program have included Union Hospital, UAP Clinic, Terre Haute Regional Hospital, Indiana State University, Ivy Tech Community College, and the Terre Haute Chamber of Commerce. The results documented from over 150 national programs that offer CHIP (www.chiphealth.com) are confirmed in the five previous Wabash Valley CHIP class results.

In 7 weeks:

Cholesterol levels drop an average of 10-20% and as much as 40%

Weight loss averages 7-8 pounds

Diabetes and Blood Pressure medications are often reduced and sometimes eliminated

Depression recovery is high

Better sleep, higher energy levels, and less pain are commonly reported.

Free Information Sessions on the Maple Center's CHIP

The Maple Center for Integrative Health is offering four FREE CHIP information sessions. All sessions are from 7:00PM-8:30PM in Terre Haute:

September 6, Thursday-Union Hospital East, Atrium Level Classroom, 1600 N. 7th Street

September 10, Monday-Terre Haute Chamber of Commerce, 630 Wabash Avenue

September 13, Thursday-Terre Haute Regional Hospital, Classrooms 1 & 2, 3901 S. 7th Street

September 17, Monday-United Methodist Temple, Sunshine Room, 5301 S. US Hwy. 41 (next to Wal-Mart)

Register online—www.themaplecenter.org or email kalexander@themaplecenter.org or call 812-234-8733 for more information.

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, PhD, MT-BC

Clinical Appointments

Call 812-249-4290

Healing Touch

Thursdays: By Appointment

Margaret Moga, PhD

Call 812-240-3302

Neuromuscular Re-education

Tuesdays: By Appointment

Fee: \$60.00: 1hr. Treatment

Penny Money

317-670-3764

Natural Childbirth Classes

By Appointment Fee: \$50.00

Annette Alexander, Doula

For information or to register, call

The Maple Center

812-234-8733

CHIP 2012

Seminars 6:30-8:45 PM

Mondays and Thursdays

At Ivy Tech Community College

For information or to register, call

The Maple Center

812-234-8733

Too Much Wheat?

- Wendell Fowler

American's associate wheat with apple pie, the American flag, and Kate Smith belting out "God Bless America". The food pyramid encourages eating a gut-busting six to eleven servings a day. Might it be because Grain Foods Foundation lobbyist board members have ties to diabetes and drug manufacturers? Bingo! You can't make this up folks; society eats too much 'carbo-licious' wheat and it's taken a toll.



Great news! We're witness to a joyous dietary awakening. Medical science is enlightening Americans their blind devotion to unhealthy eating customs, vegaphobia, and dependence on processed carbs initiate disease and diminish their earthly quality of life. Betty Crocker and Gold Medal trained American's to perceive white flour healthy, but half the unsaturated fatty acids, EFA's, all the vitamins, fifty percent of the calcium, seventy percent of the phosphorus, eighty percent of the iron, ninety eight percent of the magnesium, and fifty to 80 percent of the B vitamins are destroyed via industrial processing. America's best buddy is linked to diabetes, Celiac Disease, inflammation, accelerated aging, cancer, depression, anxiety, and 'poochy' belly.

Wheat's not neat since today. It's altered from our perfect creator's design. The temple struggles with digesting alien strains of wheat. Dr. David Kessler, retired FDA Director asserts modern processed wheat, vastly different from the original earliest forms, is also addictive like crack cocaine, sugar, caffeine, cigarettes, and alcohol..

Healing Touch Level 1 Class in Indy



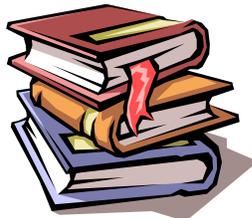
Interested in learning about energy healing for yourself or your loved ones? A beginner level course in Healing Touch energy healing is scheduled for November 10-11 at IU Health North Hospital in Carmel, IN. It's a great location for the class, and the instructor, Deborah Larrimore RN, BSN, LBMT, CHTP/I, is amazing for her ability to teach and 'move energy' at the same time. The class is both healing and informative, and open to all interested individuals. Continuing education credits are available for nurses and massage therapists. The brochure for this class is available on The Maple Center [website](#). **For more information, contact Margaret Moga, PhD HTI-P, at 812-240-3302, or margaret.moga@indstate.edu.**

Dr. John Black Memorial Library

*How do I find the book from
The Maple Center
library collection online?*

If you click on the link available on the John Black Memorial Library's page (www.themaplecenter.org, click on Resource) or copy and paste the following link, you will be taken to the collection directly: http://books.google.com/books?Uid=108073147105936153925&source=gbs_1p_bookshelf_listg8u

When you get there, you will have the option of searching within The Maple Center's collection, or the entire world of Google Book.



MONTHLY VEGETARIAN DINNER

*Bring a vegetarian
dish and recipe
to share.*

Contact

Debbie Stevens

debbiestevens53@gmail.com

("Too Much Wheat?" - Continued from page 3.)

Alloxan, what makes AP flour white, creates unholy free radicals in pancreatic beta cells. Destroy the beta cells and, voila, diabetes sets in. Alloxan is given to lab rats to damage the pancreas for studying its toxic effect. Alloxan's effects on the pancreas are so severe the Textbook of Natural Medicine calls it "a potent beta cell toxin", yet the FDA approve it.

Links between alloxan and diabetes are as clear as the link between cholesterol and heart disease.* Scientists have known the alloxan-diabetes connection for many years. How charming. (*According to the McGill University Office of Science and Society)

AP White flour, comatose after devitalizing industrial processing, contains neither heavenly nutrients nor fiber. The gazillions of tasty brand name flour products oozing across the floor of our food culture rapidly convert to sugar inside your temple, have high glycemic indices, contribute to degenerative diseases, and plump your trunk. White bread's glycemic index is 72, while table sugar's index is 59. No 'Wonder' the pancreas must pump out so much insulin, which in time, leads to insulin resistance and pancreatic exhaustion causing blood sugar to rise leading to type II diabetes.

White bread, bagels, croissants, biscuits, pasta, bread sticks, pizza crust, cookies and cakes, pie, have a high glycemic index. They break down into glucose spiking blood sugar; therefore eating them could aggravate diabetes and fertilize obesity. Whole grains don't throw your temple into a sugar-fueled drug-like dependency cycle. Replace white flour pasta with Barilla Plus or quinoa versions. Replace AP flour products with rice, potato flour or robust artisan whole grain flours, or Ezekiel and Rudi's Bakery goods. Whole grain food fare brims with colon-cleansing fiber, digests slower so you feel fuller longer and eat less, plus you'll intake more heavenly nutrients. Saner carbs should come from fresh, unadulterated gifts of earth such as apples, apricots, bananas, cantaloupe, peaches, pears, oranges, figs, grapes, kiwi, pineapples, plums, strawberries, blueberries, dates, raisins, legumes, dried peas, peanuts brown rice, bulgur, wheat berries, oatmeal, rye, and quinoa. After 30 days if you don't feel mental, spiritually, and physically better, have improved blood glucose readings, sue me. But I hope you'll be grateful instead.

Simply switching from white flour to oat, quinoa, brown rice, spelt, buckwheat, or rye flours can lower heart disease risk by 20 percent. * You deserve the best dear friends. Awaken, open your minds, and grab a fork full of wholesome reality. Even lab rats won't eat white flour.

* The University of Washington reported in The Journal of the American Medical Association

Community Resources

**Compassionate Friends
Indiana Wabash Valley Chapter
4th Thursday of Each Month
6:30-8:00 PM
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:
Most Months- First Monday
5:30 PM
Union Hospital Professional Office
Building (POB)
Room 352, Corner of 7th Street
and 8th Avenue
For more information call
The Maple Center
812-234-8733

Terre Haute Birth Network
*Advocacy organization to promote
"normal, mother/
baby-friendly birth"*
For more information:
THBirthNetwork@gmail.com
*Next Free Educational Activity:
What the heck is "Babywearing"?,
Tuesday, September 25, 6:00 PM,
Meeting Rm. B, Vigo Co. Library*

BREASTFEEDING WORKS!

The fourth annual "Breastfeeding Works" celebration was held August 8, 2012 at the newly renovated Collett Park Pavilion in Terre Haute. Sponsored by the Breastfeeding Coalition of the Wabash Valley, "Breastfeeding Works" celebrates National Breastfeeding Month and World Breastfeeding Week. Nominations had been garnered from breastfeeding mothers throughout the area for recognition of Wabash Valley businesses and employers who actively support breastfeeding and breastfeeding mothers as they return to the workplace. Union Hospital was the popular choice among mothers who had continued to breastfeed while remaining in the workforce. A plaque of recognition will be presented to Karen Baker RN, IBCLC of Union Hospital's Breastfeeding Center. Honorable mention is awarded to WIC of Vigo County for providing a supportive environment for its employees who continue breastfeeding while returning to work.

Devon Kinne spoke briefly on the state of breastfeeding in the nation and in Indiana. A drawing was held for door prizes which included a gift basket from Medela containing an electric breast pump, a Kids Fun basket, Baby styles basket, gift certificate from Baesler's Market, and massage from Anderson Chiropractic. Members were easily spotted wearing bright pink tees, and were available to discuss breastfeeding concerns with attendees. Refreshments were enjoyed by all who were present.—Janett Allen



Alumni News

At the August 28th meeting we were treated to a **wonderful Zumba Gold demonstration by Cathleen Drobny**. The main focus of Cathleen Zumba Gold classes (including chair classes and Zumba Gold toning) is helping adults achieve better health, with increased flexibility, strength, energy levels and mental well-being. Zumba is a wonderful and fun way to workout. Thank you, Cathleen!

CHIP #6 is starting on September 24th. This session will take place at Ivy Tech. We are in need of volunteers to help direct people to the meeting room as many may not be familiar with Ivy Tech's campus and it could be somewhat challenging on the first couple of nights.

So if you are available on **September 24th and September 27th** to help "direct traffic" please contact Karen Cunningham at: sheval8@yahoo.com.

Please mark your calendars; our Alumni meetings are usually on the 4th Tuesday of every month (Upcoming dates: September 25 & October 23).

Books by Chef Wendell Powell:

Earth Suit – Maintenance Manual – Published 2012, Paperback – 197 pages, Publisher Katleen Sheridan, Price \$34.95 Amazon

Eat Right, Now!: Holy Temple Maintenance Guide - Published July 2009, Paperback -108 pages, Publisher AuthorHouse, Price \$15.95 Amazon

The Dawning Of The Age Of Asparagus: Give Peas A Chance – Published July 2004, Paperback – 220 pages, Publisher Brzamo Publishing, Price \$3.89 Amazon

Eat Right, Now! Recipes for a Healthy Lifestyle – Published February 2002, Paperback - 210 pages, Publisher Guild Press of Indiana, Price \$1.98 Amazon

“The Joy of Mindful Eating”

Jean L. Kristeller, Ph.D.

Professor Emeritus, Dept. of Psychology
Indiana State University

We all eat mindlessly at times. It may be while we’re socializing, watching TV, at the movies, or simply ‘cleaning our plate’. We may also overeat for other reasons: due to stress, giving ourselves a ‘treat’, social pressure – or simply because the food is there. One problem with eating mindlessly, even if we are not watching our weight, is that it means we are also not really enjoying our food as much as we might.

So what is mindful eating? Mindful eating means simply paying attention. It means cultivating our inner gourmet, tuning into the taste and texture of each bite. It means noticing when we are beginning to feel full – and deciding when to stop. We call this cultivating our ‘inner wisdom’ – learning to pay attention to what our bodies and our minds are telling us about whether we need to eat, how much to eat, and when to stop. Mindful eating also involves becoming aware of old habits of thinking: “I’ve already blown it”; “just this once won’t hurt”; “children are starving in Africa “ – “so I might as well keep on eating”. Mindful eating also involves using our ‘outer wisdom’: sifting through all the information we have about what types of food to eat and what quantities to eat for healthier living. The amount of information can feel overwhelming, but choosing what is likely to be helpful for us personally is using this information ‘wisely’.

We’ve recently finished a series of studies at Indiana State University, funded by the National Center for Complementary and Alternative Medicine, at the National Institutes of Health, which have investigated a treatment program designed to help people learn to eat more mindfully. The program, Mindfulness-Based Eating Awareness Training, or MB-EAT, helps people learn to be more mindful of their eating, their emotions, and their thoughts, their physical vs. emotional hunger, and all the signals that the body has to tell us to when to start or stop eating. The program is based on mindfulness meditation and using many mindful eating practices to learn to experience eating and food differently. The results have been promising: participants in the program have learned to decrease their sense of being out of control around food, have lost an average of about 1 lb. per week, and have become much more comfortable with how they eating and using food. In other words, they are turning into mindful eaters – enjoying their food more, while eating less!

(Learn more on this topic at the Maple Center’s upcoming presentation “The Joy of Healthy Eating”!)