

Monthly Matters Newsletter

The Maple Center for Integrative Health



1801 North Sixth Street, Suite 600
Terre Haute, Indiana 47804

Phone (812) 234-8733
www.themaplecenter.org



October 2011

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VISIT

<http://www.themaplecenter.org>

The Maple Center for
Integrative Health's

WEBSITE!

*For updates on
programs and clinical
services join us on
Facebook!*



*Be sure to "like" the
Maple Center.*

The Maple Center for Integrative Health

Nonprofit FUNDRAISER

**\$5.00 COUPON BOOKETS
ON SALE NOW!!!**

SUPPORT THE MAPLE CENTER FOR INTEGRATIVE HEALTH!

Friday, November 11, 2011

Saturday, November 12, 2011



Since 1999, the Bon-Ton family of stores has partnered with local community organizations just like ours to help raise over \$84 million! Community Day is a great way for you to give back to your community by **purchasing**

coupon booklets valued at over \$200 for just \$5 each!

You get a \$10 off coupon with minimal restrictions, a 20%* shopping pass that you can use over and over, a 30% off early bird coupon valid Saturday from 6am -10am, 11 bonus buy coupons and exclusive web offers. The Maple Center, Inc. keeps 100% of the booklet price! *restrictions apply. We are using the funds to support The Maple Center's community health education programs.

You can go shopping in Terre Haute at Carson's, get discounts on great merchandise and show your support for The Maple Center, Inc.

READY TO PURCHASE A BOOKLET? HERE'S HOW:

STEP 1

Purchase the Community Day booklet from our office or a board member for \$5.00.

STEP 2

Shop the Two-Day Community Day Sale on Friday, November 11, 2011 & Saturday, November 12, 2011 at any participating store (online or in advance of sale days) and use your coupons for sensational merchandise at great prices.

STEP 3

Look fantastic and feel even better about helping
The Maple Center for Integrative Health!

Questions? Please contact us!

The Maple Center for Integrative Health: 812 234-8733

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
Call 812-249-4290

Healing Touch

Weekdays by Appointment
Margaret Moga, PhD
Call 812-240-3302

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 6:30-8:30 PM
Mondays and Thursdays
March 5 - April 26
\$ 399.00 Individual
\$ 650.00 Couple



FREE information sessions
To be announced.
For information or to register call
The Maple Center
812-234-8733

**Neuromuscular
Re-education**

Tuesdays
By Appointment
Fee: \$60.00, 1hr. Treatment
Penny Money
317-670-3764

FREE Workshop

*“Healing Your Grieving Heart
When Someone You Love Has Die”*

Dr. Alan Wolfelt

Presented by Union Hospital

**Wed., Nov. 16, 2011
7:00PM**

**Landsbaum Center for Health Education
1433 N. 6 ½ Street, Terre Haute**

RSVP to Chaplain’s Office
812-238-7628

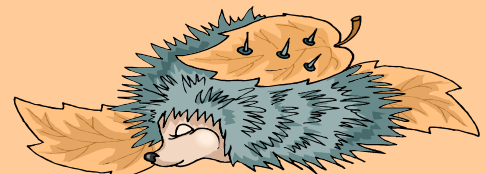
chaplains_office@uhh.org

Mark Your Calendar!

Annual Maple Center
Dinner and Board Meeting

Tuesday, February 7, 2012

Look for details in the
next *Monthly Matters*.



Dr. John Black Memorial Library



**How do I find 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&so
urce=gbs_lpb_bookshelf_listg8u](http://books.google.com/books?uid=108073147105936153925&source=gbs_lpb_bookshelf_listg8u)

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



VEGETARIAN DINNER

MONTHLY

**Bring a vegetarian dish
and recipe to share.**

Contact Debbie Stevens
debbielstevens@hotmail.com

Heartland Health (CHIP) and Wellness Conference September 15-16, 2011



A total of 27 people from the
Wabash Valley recently attended this
2011 conference. The group
consisted of CHIP alumni from the
first three CHIP classes plus two
individuals who will be participants in
CHIP 4!

The conference is held each year in Anderson, IN. Indiana Healthy Choices, a nonprofit organization in partnership with Whole Foods Market, along with several other sponsors made this conference possible. Susan Landess, RN along with her husband and daughter are the main organizers (and hard workers throughout) of this wonderful event. There is also a large group of volunteers who contribute to the success of it all.

This year it was a 2 day event with internationally known speakers who helped to educate all of us present on the benefits of living a healthy lifestyle. The message that was repeated many times is that a plant based diet has been proven to prevent a lot of health problems such as diabetes, heart disease, some cancers and many other problems. In addition to prevention, a plant based diet can actually REVERSE a lot of these conditions. The presentations were extremely well done. They were educational and fun. The speakers were friendly and available to talk with individuals on a one to one basis also.



There was a 3 hour cooking demonstration on Thursday morning and then the group was treated to a delicious lunch consisting of the food items that had been demonstrated. As part of our conference fee we were also fed 3 more incredibly healthy and "over the top" delicious meals...all of them were CHIP congruent of course.

Speaker Chef AJ and Wabash Valley CHIP alumni
Karen Cunningham, Sandra Lederman, Ruth Pleus

A list of speakers and topics included:

Chef AJ – Cooking School and Demonstrations

Dr. Hans Diehl – Calcium and Protein Myth + Defeating Diabetes + Diet, Ecology and Economics

Dr. Caldwell Esselstyn – Ending the Coronary Artery Disease Epidemic: Treating the Cause

Dr. John Kelly – Epigenetics: Turn on the Healthy Genes

Dr. Mary Clifton – Macronutrients and Cancer

Ann Esselstyn – Demonstration for How to Eat Plant Perfect: What to Buy, What to Eat and How to Cook It

On Thursday evening we were also treated to a showing of the documentary "Forks over Knives" which again shares real people's stories in addition to the scientific studies that a plant based diet can have amazing results for good health.



Leadership Team Members
Betty Hopf and Susan Spice

All in all for me I can certainly say it was fun, educational and a great way to connect with other people interested in living healthy. I am thrilled that the Wabash Valley was so supportive and so well represented. I want to extend my personal thanks to all who attended the conference. I will look forward to going again next year and hope to see lots of you Wabash Valley "CHIPPERS" there again!

Submitted by
Karen Cunningham, PT
Co-coordinator, Wabash Valley CHIP
1st Vice Chair, The Maple Center Board

The Health and Wellness Conference in Anderson (IN) was held last weekend. It was a wonderful event attended by a strong contingent of Terre Haute CHIP graduates and friends. Among the fabulous presenters were included Chef AJ from Los Angeles (CA) and Dr. Mary Clifton from Traverse City (MI).

Chef AJ is a gourmet vegan chef who cooks without sugar, salt or oil. The food she prepares is unbelievable! I am posting her website on the Yahoo site under

the tab **Vegan Recipes - Websites & Blogs**. Her website is Chef AJ's Healthy Kitchen at www.chefajshhealthykitchen.com/.

Her most interesting website however is Eat Unprocessed at www.eatunprocessed.com/. This site shows YouTube video demonstrations of many of her recipes.

Dr. Mary Clifton's website will be posted under **Health & Medical Information**. She is a strong advocate of a plant-based diet and there are many interesting links on her website as well as many recipes.

Submitted by
Miren Beristain
CHIP Alumni Leader



Pearls from Ann Esselstyn's Health and Wellness Conference Presentation

Ann Esselstyn gave a detail packed food oriented session. She and her husband Dr. Caldwell Esselstyn have been teaching how to reverse heart disease for over twenty years.

She summed up her most important points as consume no oil, eat lots of greens, and eat oats for breakfast.

You can stir fry in any liquid-water, vegetable stock, etc. Onions can also be sautéed with no fluid in a stick-free pan. This is important for going oil-free. Finding a no oil dressings is also an important foundation. No fat hummus (no tahini or oil) is amazingly versatile. Can buy ready-made from Sahara Cuisine (saharacuisineinc.com) or Oasis Classic Cuisine. Can make your own with chick peas, lemon and garlic. Their favorite salad dressing is a mixture of no fat hummus, balsamic vinegar, mustard and OJ. Can use ginger instead of mustard.

She loves flavored balsamic vinegars from Olive tap.com. (Aged balsamic vinegar, black current, Bordeaux cherry, raspberry, lemon, Sicilian, peach cinnamon, chocolate and more) *Note from Kathy S-I have tried these and they are reduced so very thick and a little goes a long way-wonderfully mild and flavorful-work as a dressing or bread dip by themselves.*

Greens come in an amazing variety and can be very easily prepared. Strip them from their stalk by holding one end and slide the other hand along the stem, stripping the leaves as you go. For example make curly kale by putting it in covered boiling water for 4-5 minutes. Delicious plain as a side dish or can use a variety of dressings.

You can take collard green leaves, put them in boiling water for 30 sec and then use them as a wrap in which you can put items like hummus, onions, cilantro, cucumber, bok choy or asparagus-roll up and cut into sushi like pieces.

Greens are great with lots of lemon. Can zest a lemon with a microplane and use a citrus reamer tool (available at Macy's) to get the most juice out. You can add greens to any soup. If you cook them separately and then add to the soup at the end, they'll retain their green color. Beet Greens are delicious. Napa Cabbage-lasts for a long time in the refrigerator-great in stir fry. Hearts of romaine also last a long time-work as a scoop to eat chili or hummus.

Breakfast ideas: She likes the old fashioned or steel cut oats uncooked as if it were a cold cereal. She adds fruit (red grapes, peaches, or citrus sections) with nondairy milk. Her husband, "Essie" loves a mixture of oats, flax seed meal, banana, blueberries or other fruit, maybe raisins, grapenuts for crunch or Ezekiel, 4.9 or kasha 7 grain nuggets, shredded wheat (no added sugar) with alternative milk-oat milk or almond milk

Cook whole wheat pasta for 7 min. After 3 min, add greens with the pasta. If trying to lose weight, eat more greens than pasta. Use a pasta sauce with no oil. The best she has found is available through Walnut Acres-organic, low sodium fat free tomato and basil. If you buy a case, can get a 10% discount. Lentils are great added to pasta sauce.

Grains-Brown rice excellent in many versions. Barley is like oats-same cholesterol lowering properties. Ferro is barley like. Get a rice cooker. She loves to put in onion, garlic or ginger in with a vegetable broth along with the brown rice. Can add vegetables like peas etc. at the last minute. Kitchen Basics makes a salt free "veg salt" which is delicious. I

For an oil free whole grain bread-she likes Ezekiel bread-especially their tortilla wrap.

Can make pizza-without cheese-can use pita bread for crust or can get Nature's Highlight brown rice pizza crust-put on pasta sauce and load it with vegetables.

Nutritional yeast is cheese like-can sprinkle a little on top of the pizza. Try it at least 3 times before you decide if you like it or not.

Can make mashed potatoes-Yukon gold boiled with skin. Use the potato water as liquid and add 1 Tbsp. nutritional yeast per large potato. Tastes like cream and butter. Cut up Cauliflower and put in with veg broth, onion, and garlic in a blender with nutritional yeast. Tastes like mashed potatoes. Nutritional yeast is also a good addition to salad dressing.

A wonderful sauce for a fruit parfait is-light silken tofu (mori-nu) in blended with 1/3 c maple syrup, 3 Tbsp. of lime juice with zest. Layer in glasses with berries and juice.

The book *How To Prevent and Reverse Heart Disease* by the Esselstyn's is full of delicious recipes that are oil free. This week I'm enjoying the following recipe from their book for my lunches-a great fall soup. I love cilantro-its flavor really makes this soup.

*Submitted by
Kathleen Stienstra, MD
Medical Director, CHIP; Board Chair, The Maple Center*

Split Pea Soup

How to Prevent and Reverse Heart Disease
Ann and Dr. Caldwell Esselstyn



(Adapted from *The Moosewood Cookbook*) Good at breakfast, lunch or dinner. By adding water it can be thinned, if desired.

3 cups dry split peas	8 cups water
1 bay leaf	1 teaspoon dry mustard
1 large onion, chopped (1 cup)	4-5 medium garlic cloves, crushed
3 ribs celery, freshly chopped (3/4 cup)	5 small potatoes, sliced then cut like French fries
freshly ground black pepper	1 large ripe tomato, diced (1 cup)
lots of chopped cilantro or parsley	

1. Place split peas, water, bay leaf, and mustard in a heavy soup pot. Bring to a boil, lower heat, and simmer, partially covered, for about 20 minutes.
2. Add onion, garlic, celery, carrots and potatoes. Cover and simmer for about 40 minutes, stirring occasionally. Add water if soup seems too thick.
3. Add black pepper and vinegar to taste and serve topped with diced tomatoes and cilantro or parsley-or even better, just mix the tomatoes and cilantro into the soup.

TIP: To make this soup quickly, use a pressure cooker. Brown onions in the cooker, add other ingredients, then turn to high and cook 8 minutes. For an amazingly delicious variation, combine everything through carrots. Do not add potatoes. Cook until dry peas have completely softened and lost their shape. Transfer some of the soup to a blender and slowly add 16 ounces frozen peas (or use an immersion blender, adding the frozen peas to the pot). Return to pot and heat. Add pepper and more water, if desired.

CHIP Food Preparation/ Demonstration Featuring Chef Kris Kraut from Baesler's Market

On Sunday, September 25, 2001 in the Union Hospital Atrium Classroom CHIP graduates, students, & friends registered to observe a cooking demonstration by Chef Kris Kraut.

The cooking class was organized by Miren Beristain, a 2010 CHIP graduate and leader of the CHIP Alumni group. The cost of the cooking class was \$5 per person and 37 people registered for the event.

Chef Kris is the chef at Baesler's Market "The Prep Kitchen" and is also the chef for Sycamore Farm Restaurant and Bed & Breakfast. The "Prep Kitchen" is in the deli area at Baesler's Market where delicious foods are prepared fresh daily beginning each morning at 5 a.m. and available until approximately 8 p.m. each evening. The salad bar and cold and hot food centers offer fresh vegetables and fruits and other wholesome items available in the market each day for sale.

Chef Kris was assisted in the demonstration by Sunny Workman, also from Baesler's Market. All of the ingredients were brought from the market,

and the recipes prepared at the demonstration were a hot dish for chilly fall lunch or evening meals, and a cold salad that would be delicious as an accompaniment for any meal. The hot dish was Curried Sweet Potato Pumpkin Soup, and the salad was Raw Brussels Sprout Fennel Dried Cranberry Slaw. Any tuber can be substituted for the sweet potato to create a soup similar to the sweet potato pumpkin soup.

Chef Kris emphasized that the recipes could be modified to reduce the fat content and seasoned to accommodate diet requirements or individual tastes. The recipes for both dishes are available in this newsletter.

Please note that the coconut milk Chef Kris used in his recipe is not used in most CHIP recipes because it is high in fat. Chef Kris acknowledged this and stated he removed most of the milk water in order to use the coconut milk solids as a substitute for cream. In order to whip and froth a liquid some fat needs to be present. The coconut milk solids permit the preparation of a small portion of whipped topping for the Curried Sweet Potato Pumpkin Soup for added flavor without the need to use a dairy product to achieve the same result.

Baesler's Market advertises and sells Hoosier locally grown produce. They are planning to introduce bulk purchasing opportunities for whole grains etc. at the market soon. Additionally, Baesler's Market is willing to special order items for customers, if requests are made at the store office.

Since I am not a chef, I will not attempt to provide you with cooking instructions beyond what you see in the recipes. As someone who enjoys eating, I must say the soup and slaw were very scrumptious and, if you were not present, you missed a real treat!

*Submitted by
Bill Carper,
Wabash Valley CHIP Alumni*

Chef Kraus' recipes are on page 7:

Raw Brussels Sprout, Fennel,
Dried –Cranberry Slaw

Curried Sweet Potato,
Pumpkin Soup



Assistant Sunny Workman
Chef Kris Kraut



Coronary Health Improvement Project

CHIP #4 is in session and plans are being made for the next session to begin in 2012!

**March 5 -
April 26**

6:30-8:45 PM

Classes will meet for eight weeks on Mondays and Thursdays.

The first HeartScreen is scheduled:
Friday, March 2

FREE
Information Sessions
will be announced in upcoming issues of Monthly Matters.

Contact the nonprofit for more information:
812-234-8733

RECIPES: Chef Kris Kraus

The Prep Kitchen at Baesler's Market

Raw Brussels Sprout, Fennel, Dried –Cranberry Slaw

Dressing

1 tablespoon Dijon mustard 1 tablespoon grainy mustard
1/3 cup real maple syrup 1/3 cup apple cider vinegar
Salt and pepper to taste ½ cup canola oil

Whisk all ingredients, except oil, together in a medium bowl or in the base of a blender. While whisking or blending, slowly add oil until thickens and combines.

Slaw

1lb fresh washed Brussels sprouts
1 head fresh fennel, frowns and base discarded
¼ cup toasted pecan pieces
Dried pomegranate flavored cranberries

Using a mandolin, the blade attachment on a food processor, or a sharp knife, thinly shred the sprouts and fennel bulb. Combine vegetables, pecans and cranberries together in a large bowl. Dress the slaw to your desired taste, using about 1 cup of dressing for this recipe.

Curried Sweet Potato, Pumpkin Soup

Serves 4

1 tablespoon olive oil 1 onion, diced
1 clove garlic, minced 1 tablespoon grated ginger
1 tablespoon curry powder ¼ teaspoon salt
2 pounds sweet potatoes, peeled and cut into ½ cups (about 4 cups)
3 cups vegetable stock or water 1 12oz can pumpkin puree
½ teaspoon crushed red pepper flakes Salt and pepper to taste
Toasted pumpkin or sunflower seeds, fresh chives, whipped coconut milk for garnish



Heat oil in a large, heavy saucepan. Saute onion and garlic until onion is translucent.

Add ginger, curry red pepper flakes, and ¼ teaspoon salt and sauté for another minute.

Add sweet potatoes and water or broth.

Bring to a boil, then reduce heat and simmer for 10 minutes.

While hot, gently puree the soup with an immersion blender or in a conventional blender until smooth.

Remove from heat, season to taste and serve garnished with pumpkin seeds chives and whipped coconut milk (recipe follows).

Whipped Coconut Milk

1 can coconut milk
1 tablespoon maple syrup or agave nectar

Using the can's lid, strain out as much coconut water as possible.

Chill the remaining coconut milk solids until ready to use.

When ready, whip the coconut solids with sweetener in a stand mixer or hand mixer until thickened.

COMMUNITY RESOURCES



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 Avenue

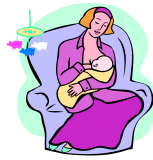
For more information call
The Maple Center
812-234-8733



Terre Haute Birth Network

Advocacy organization to promote "normal, mother/baby-friendly birth"

For more information:
THBirthNetwork@gmail.com



MAKING AN INFORMED FEEDING CHOICE FOR YOUR UPCOMING NEWBORN – IS YOUR RIGHT

One of the Wabash Valley Breastfeeding Coalition goals is to help individuals and families sift through the enormous amount of information one hears or reads in regards to breastfeeding as it relates to infant / mother's health, infant's development as well as environmental benefits. What one should look for is **evidence-based information** not the hearsay information that as individuals we all hear.

First make sure the information is current (less than five years old). Second look at who/what the resources or information is based on and if available what size of sampling did the study undertake. WVBC wants to provide you with a list of accurate and helpful breastfeeding friendly websites or phone numbers that may help you in your decision making or strengthen your commitment in your feeding choice.

List of **evidence-based** breastfeeding information (list is not inclusive):

Current books from your local library

Your local hospitals

Certified Lactation Counselors or International Breastfeeding,

Certified Lactation Counselors (IBCLC)

www.breastfeeding.com

www.cdc.gov/breastfeeding

www.usbreastfeeding.org

<http://www.waba.org.my>

<http://www.infactcanada.ca>

www.drjacknewman.com

www.nal.usda.gov/wicworks

<http://www.womenshealth.gov>

www.kellymom.com

www.llli.org

www.biologicalnurturing.com

The Wabash Valley Breastfeeding Coalition hopes this will assist you and the family with resources where solid information can be found or inquiries made to help you make the best informed.

Submitted by

Sandra Bourke

Member, Wabash Valley Breastfeeding Coalition

