



Monthly Matters

The Maple Center for Integrative Health

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April 2011

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**The Maple Center
is on Facebook!**

**Just search for
us and click "like"
for program
information,
photos,
and more.**

**Check often for
additions to
the page!**

The Maple Center For Integrative Health
Invites Supporters to the
6th Annual Dinner & Meeting

**Tuesday, May 3, 2011
6:30-8:30 P.M.
Vigo County Public Library
1 Library Square, Terre Haute**

6:30 Dinner: Pasta Bar
4 Sisters Catering
7:30 Meeting:
Brief review of 2010 and current
services /program information

Reservations by April 27th

Cost per person: \$25.00
Bring or Mail checks payable to:
The Maple Center
1801 N. Sixth St., Suite 600
Terre Haute, Indiana 47804
812-234-8733



Effects of Smoking on a Breast Fed Infant:

Most individuals know there are many reasons why smoking is not healthy, but some individuals have difficulty avoiding tobacco products or smoke from other household members.

How do tobacco products &/or smoking effect breastfeeding?

When a lactating mother smokes some of the nicotine passes into the mother's milk. This nicotine can cause fussiness, diarrhea, shock, vomiting, rapid heartbeat and restlessness. Mother's may, also, experience a decrease in milk production due to the decrease of prolactin (a hormone that functions during lactation to stimulate synthesis & secretion of milk).

Decrease in milk production can slow weight gain of the infant; can decrease the fat concentration in mother's milk or slow down the let-down reflex especially if one smokes before breastfeeding. Studies show some improvement in the let-down reflex if the mother avoids smoking two (2) hours before breastfeeding. Delay in smoking before breastfeeding also lessens the amount of nicotine in the mother's milk.

Research has found that breastfeeding mothers who smoke are less likely to continue breastfeeding compared to breastfeeding mothers who do not smoke. It appears that the higher number of smokes per day correlates to how long a mother breastfeeds and early weaning.

What about passive smoke?

Mothers who smoke may possibly affect her baby more by the smoke than the nicotine present in her milk.

When individuals smoke in the house even in another room of the house there are greater chances for respiratory problems (**including asthma**), increased ear infections (otitis media) and research has shown a five (5) times higher nicotine concentration from inhalation of passive smoke than the nicotine that passes through breast milk. Some infants experience colic (defined as an infant who excessively cries for 2-3 hours), but when there are one or more smokers in the household or if a smoker smokes more than five (5) smokes per day there is a 50% higher incidence of colic –this is also true for the bottle fed infant.

Tobacco exposed newborns are more excitable and hypotonic (diminished muscle tone), require more handling, are more stressed, have more wake time and less sleep as well as some signs of neurological and gastrointestinal effects.

Best not to smoke, but if mother and family find it hard to quit smoking there are ways to lessen the effects on the infant. Some are: Smoke outside; cut down on smoking; use lower nicotine products; smoke outside after breastfeeding not before a feeding, or try a cessation program.

Passive smoke affects all infants whether breastfed or bottle fed. Studies indicate the value of breast milk when there is exposure to smoke is still better for the health of the infant than formula- fed infants who are exposed to smoke.

References:

Breastfeeding A Guide for the Medical Profession; Ruth & Robert M. Lawrence; 7th Ed. ©2011.
Breastfeeding & Human Lactation; J.Riordan & K. Wambach; 4th Ed. ©2010.

*Submitted by Sandra Bourke
Breastfeeding Coalition of the Wabash Valley*





Learn About Herbs at Saint Mary of the Woods

Presenter: **Mathew Wood**

-Friday: June 17-19, 2011 7pm-9pm, introductions & a little beginning instruction; refreshments served.

-Saturday: June 18, 2011 9am-4pm, class time, lunch & dinner served (light breakfast available at center at 8:30am).

-Sunday: June 21, 2011 9am-2pm, lunch is included.

This course covers plant identification, self-care, wild crafting, and basic applications. Sponsors: Wabash Valley Master Gardeners and The Maple Center.

Cost: \$250 (includes meals). Housing is available for \$45/night at Saint Mary-of-the-Woods.

To register by June 10, please contact Robyn Morton at 812-535-2932, 812-535-2932 or rmorton@spsmw.org. These times are approximate, so please inquire about actual times as the event gets closer.

Robyn Morton
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White Violet Center
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(812) 535-2932
www.whiteviolet.org

Acupressure for Allergy Symptoms

Sandra Hendrich, PT, DPT

Doctor of Physical Therapy, Assistant Professor, Indiana State University

Clinician, The Maple Center

Board Member, The Maple Center

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Spring is here, and so is the increased occurrence of hay fever, allergies, sinus congestion, puffy, watery eyes, and stuffy noses, all frequent complaints with the changing seasons and for those who may have seasonal allergies.

Before you head to your medicine cabinet for cold and allergy medicine, consider reaching up to your ears and massaging a key allergy point used in Traditional Chinese Medicine for thousands of years. The “Allergy Point” is also known as an Auriculotherapy Reflex point, and is effective in reducing sinus congestion and typical cold-type symptoms such as stuffy noses, as well as being effective in reducing symptoms caused by inflammatory reactions.

The “Allergy Point” is located at the apex, or top of both ears. Simply massage or squeeze the point for one to two minutes, once or twice a day. The point might be very tender at first, so massage gently, increasing your pressure as the pain decreases. You may also rest your elbows on the table in front of you and massage both points simultaneously. This position is not only comfortable, but it facilitates draining of the sinuses as well.



Allergy Point

Because of its general effect at reducing inflammatory reactions, The Allergy Point is also recommended for the treatment of arthritis.





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

Hux Cancer Center
Pre-registration is required.
Cost: \$60.00
Starting April 16



BOOK REVIEW

To improve memory we need to engage both sides of the brain. The left side is used for analyzing information, remembering speech and processing numerical and logical problem solving. The right brain processes pictures, emotions and physical features. Using both sides consciously helps one remember much more says Dominic O'Brien, a six time world memory champion, in Learn to Remember. The book includes a variety of exercises to improve memory.

One includes four steps for remembering a list of groceries:

- 1) Know that what you are trying to remember is important enough to put forth the effort.
- 2) Use your *imagination* to consciously paint a "picture" of what you are trying to remember. For example: Picture the groceries you are going to buy.
- 3) Consciously associate the "picture" with something you already know: Divide your picture of your grocery store into department like produce, meat, milk, cooking supplies, etc. Then link groceries to each department: 3 in produce (onions, celery, and apples), 2 in meats-chicken, ham; 3 in milk-eggs, cheese, milk etc.
- 4) The more detailed and outrageous the "pictures" the more the impact on the memory. Think of smells and visualize colors. The grocery store "picture" can be used to remember any list. Such as you could put a letter you want to mail in the produce department. You could visualize calling a friend in the milk department while "seeing" the friend.

O'Brien says that suffering memory loss as one gets older is a myth. He states, "The brain processes merely slow down. Then we begin to expect our memories will deteriorate and/or we don't stay mentally active and it becomes self fulfilling prophesy." Paying attention to the mind and body contributes to keeping young. An important component is doing things which pique one's interest.

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



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



Car Seat Recommendations Updated

The American Academy of Pediatrics, or AAP, has updated its recommendations for child car seats. The new policy, which was published online March 21 and will appear in the April issue of *Pediatrics*, includes the following recommendations:

- keep toddlers in rear-facing car seats until age 2 or until they reach the maximum height and weight for their seat;
- most children should ride in a belt-positioning booster seat until they have reached 4 feet 9 inches tall and are between 8 and 12 years of age; and
- children should ride in the rear of a vehicle until they are 13 years old.

The AAP previously advised that infants and toddlers should ride in rear-facing car seats until they reach the limits of those car seats, but it also cited age 12 months *and* a weight of 20 pounds as constituting the minimum threshold for allowing children to ride front-facing. As a result, many parents turned car seats forward when their child reached his or her first birthday.

However, a 2007 study (abstract) in Injury Prevention showed that children younger than age 2 are 75 percent less likely to die or be severely injured in a crash if they are riding in a rear-facing seat.

Submitted by Kathleen A. Stienstra, MD

Board Chair

The Maple Center for Integrative Health





Coronary Health Improvement Project Session #4

September 26 -
November 17

Mondays and Thursdays
6:30 PM

Registration Fee:
Individual \$399.00
Couple \$650.00

The **Coronary Health Improvement Project** is an adventure in healthy living that helps YOU take charge of your health. By helping you understand the relationship between lifestyle choices and health, CHIP gives you the tools you need in order to take an active role in preserving and restoring your vibrant health.

The **CHIP** lifestyle program is designed to dramatically reduce your risk and even reverse existing atherosclerosis (narrowing of the arteries). This silent process in the blood vessels is our #1 killer. If you are **overweight**, have **high blood pressure**, **diabetes**, **angina** or **high cholesterol** or wish to avoid these problems, **CHIP** is for you.

Learn How to:

- Eat more and lose weight
- Drop blood cholesterol 15-20%
- Reduce coronary risk factors with just your fork and knife
- Control Type II diabetes through lifestyle
- Reverse hypertension & heart disease
- Work with your physician to reduce reliance on prescription medications
- Develop long-term strategies for optimal health

♥ What You Receive...

- * 2 Blood Tests (Before and After) for cholesterol profile and blood sugar followed by breakfast
- *2 Lifestyle Evaluations
- *Personalized Counseling
- *16 Lifestyle Lectures (Sept.26-Nov. 17)
- *Dynamic Living Text & Workbook
- *Natural Foods Cookbook
- *Food Demonstrations & Samples
- *Monthly Alumni Support Meetings
- *Optional Nutrition Workshop
- *Optional Grocery Store Tour

CHIP: A Personal Endorsement

Wow! What a life changing experience participating in the CHIP program has been for my life and health!

My husband and I were already eating for the most part as we should, but we quickly learned to make additional dietary changes with wonderful results. I feel different than I have ever felt with more energy, better memory, less belly fat (the bad stuff most of us carry around), better blood values as they relate to cardiac and diabetes risks, and a general improved outlook on life. I have been so impressed with the fact that I no longer get hungry between meals or feel that afternoon energy drain that usually leads to snacking.

The educational material, both DVD and live instruction, presented at each class really sealed the deal in being able to make the dietary and exercise changes. All of the staff and volunteers were so helpful and supportive which created a very positive environment for learning. Being in the health profession, having information presented that is backed by extensive published research certainly gives credibility to the program.

I would strongly encourage anyone who wants to be in a better position to be as healthy as possible (and who doesn't) to give the CHIP program a try. It could turn out to be the best investment in your health you have ever made!

*Submitted by
Susan Spice*