

Back To Health and Living SDC News Letter



DATE: January 20, 2007 Letter 76

Clarksburg WV

WEEKLY MEETING BHLC:
FIRST BAPTIST CHURCH OF
NUTTER FORT. 5:00 pm each Thursday.
219 Maryland Avenue. Nutter Fort, WV.

wvisrich@yahoo.com with any questions.
304-342-9858.

This is the best website I have seen.

<http://chasoc.org/>

ARTICLES:

1. Internet links.
2. Newsweek Dr. Ornish.
3. Websites.
4. Stress Management.
5. Another Peanut Butter.
6. Clarksburg SDC. member of the month.
7. Editorial 2007.
8. DVT Blood Clots.
9. Recipes, and Jokes

The Clarksburg SDC has a new website address please check out the site and send me any ideas you may have. I do not have the modality adherence program back in operation to-date. We now have over 122 recipes. <http://clarksburgbhlc.com>.

STRESS MANAGEMENT:

Some information from Toni Marascio:

It is so true that we bring on the stress of getting the best material things and searching for "la dolce vita" (*the sweet life*) that we usually contribute to our own unhappiness and illnesses looking for happiness in all the wrong places.

LINKS: (1) <http://www.chasoc.org>
(2) <http://www.heartbeats4life.org/>
(3) <http://www.msnbc.msn.com/id/11298066/site/newsweek/>
(4) <http://www.clarksburgbhlc.com>

NEWSWEEK HEALTH BY DR.

ORNISH: Please visit the Newsweek web site and click on health and check the articles by Dr. Ornish. There are 7 excellent articles with a large amount of information. Please **rate the article** at the end. The rating is very important to keeping this type of information in the media and where we have easy access to articles by Ornish. As Dr. Ornish has said, "We need to supply as much information to the public as possible to cause change."

WEBSITES: The Charleston SDC has updated their website please visit them at the link below. Contact **Rich Hopkins**

A group of alumni, highly established in their careers, got together to visit their old university professor. Conversation soon turned into complaints about stress in work and life. Offering his guests coffee, the professor went to the kitchen and returned with a large pot of coffee and an assortment of cups - porcelain, plastic, glass, crystal, some plain looking, some expensive, some exquisite - telling them to help themselves to the coffee. When all the students had a cup of coffee in hand, the professor said: "If you noticed, all the nice looking expensive cups were taken up, leaving behind the plain and cheap ones. While it is normal for you to want only the best for yourselves, that is the source of your problems and stress."

Be assured that the cup itself adds no quality to the coffee. In most cases it is just more expensive and in some cases even hides what we drink. What all of you really wanted was coffee, not the cup, but you consciously went for the best cups... And then you began eyeing each others cups.

Now consider this: Life is the coffee; the jobs, money and position in society are the cups. They are just tools to hold and contain Life, and the type of cup we have does not define, nor change the quality of Life we live. Sometimes, by concentrating only on the cup, we fail to enjoy the coffee God has provided us." "God brews the coffee, not the cups.... Enjoy your coffee! "The happiest people don't have the best of everything. They just make the best of everything."

"Live simply. Love generously. Care deeply. Speak kindly. Leave The rest to God. You are the miracle, my friend, **Your life either shines a light - or casts a shadow.** Live Simply, Love Generously, Care Deeply, Speak Kindly and Leave the Rest to God.

Another Peanut Butter:

By Jennie Wilkins UHC Health Connection.



For Your Healthy Lifestyle!

Peanut Wonder® has just 2.5 grams of fat per serving compared to Peanut Butter which has 16 grams of fat per serving. Those concerned with Sodium levels can benefit with low Sodium Peanut Wonder which contains just 95 mgs of Sodium per serving.

**Great news:
Kroger's at East Point now stocks
the Better'n Peanut Butter.**

CLARKSBURG SDC: SDC Members of the Month:

Alexander Alex – Cohort #2 United Hospital Center.



A few comments from Alexander: "The Dean Ornish program has helped me considerably. My weight has decreased, my cholesterol has decreased, I feel much better than before I started the program. I sleep much better than I used too and I am very happy now with my life style change."

Quote of the Month: "A mind, once stretched by a new idea, never regains its original dimensions."
Oliver Wendell Holmes

EDITORIAL: By Larry Massey:

It is a new year and we have many reasons to be excited. The Ornish grass roots movement has made major advancements in West Virginia and Pennsylvania during the last year. I was elated with the accomplishments I seen during 2006. I listed some of these in last month's newsletter.

We still have a long way to go, the program is not easy, I am living proof that after 5 years of adherence it is easy to have problems and must recommit to the life style change. I want to thank everyone in the SDC for their help and the staff at UHC for helping me to start out 2007 on the right foot. An Ornish foot.

I want to thank all the Self Directed Communities that send me their newsletter for distribution. My present estimation is that each newsletter is to-date reaching over 450 people and many more I may not realize because of forwarded newsletters over the internet. And numbers are increasing daily as new cohorts graduate or others just hear about the newsletters. Great job.

DVT Blood Clots: *I was reading this article on DVTs and I would like to share some of the high points with you. Another advantage to the Ornish Program. There is additional information on www.dvt.net.*

According to the American Heart Association, DVT occurs in about 2 million Americans every year, and that complications from DVT blood clots kill up to 200,000 people in the U.S. each year? What is a DVT?

Deep Vein Thrombosis, or DVT, is a blood clot that can form in your legs and sometimes move to your lungs, (Pulmonary Embolism) where it could be fatal. In fact, complications from DVT blood clots contribute to more deaths each year than AIDS and breast cancer combined. And cancer and certain heart or respiratory diseases increase the risk. But the good news is, in most cases, DVT blood clots can be prevented.

Now for the similarities to the Ornish program for preventing DVT blood clots.

Nutrition & Exercise Recommendations:

Exercise- Recommended just 30 minutes a day of moderate exercise.

Diet – Soy products such as tofu, soy milk, soybeans, etc. can raise the level of good (HDL). Foods high soluble fiber such as oat bran, beans, citrus fruits, can lower cholesterol. Foods high in insoluble fiber such as whole-wheat breads and whole-wheat cereals can reduce cholesterol. Intake of

omega-3 fatty acids which can help lower cholesterol, reduce blood pressure, decrease abnormal heart rhythms, and reduce the risk of blood clots.

Signs & Symptoms.

Contact your doctor if you notice:

Pain, tenderness, or sudden swelling in the leg.

Skin is warm to the touch.

The most serious is Pulmonary Embolism. A pulmonary embolism occurs when a blood clot breaks loose and travels to the lungs, blocking a pulmonary artery of one of its branches. **Seek urgent medical help if you experience any of the following symptoms.**

Shortness of breath.

Rapid pulse.

Excessive sweating or anxiety.

Sharp chest pain.

Coughing up blood.

Dizziness or fainting.

The above symptoms are also signs of a heart attack.

RECIPES: Holiday Tofu Roast

By: Kathy Abate

Serves 8

1 TBS soy sauce

1 onion, chopped

3 cups sliced mushrooms

1 c sliced celery

½ c finely chopped parsley

5-6 cups bread cubes

2 tsp poultry seasoning

¼ tsp salt

¼ tsp black pepper

1 c water or vegetable stock

1 ½ lbs firm tofu

2 TBS cornstarch

2 tsp Spike seasoning or other vegetable salt

¼ tsp black pepper

Heat ½ cup water and the soy sauce in a large pot, then add the onion and cook 3 minutes. Add the mushrooms and celery, then cover and cook over medium heat for 5 minutes.

Stir in the parsley, bread and seasonings. Add enough water or vegetable stock to moisten the dressing (about 1 cup should be sufficient.)

Puree the tofu, cornstarch, Spike and pepper in a food processor until completely smooth. Coat a large pan with oil-spray and then dust it with flour. Spread a layer of the tofu mixture on the bottom and sides of the pan, reserving about 1 cup for the top. Fill the cavity with dressing and spread the remaining tofu mixture over the top. Cover the pan with a baking sheet or foil, and bake in a 350 degree oven for 40 minutes. Uncover and continue baking 10 minutes. Remove from the oven and allow the loaf to cool 10 minutes. Unmold, slice and serve with gravy.

Per serving: 152 calories, (17 % from fat) 12 g protein; 19 g carbohydrates; 3 g fat; 308 mg sodium; 0 mg cholesterol

Mushroom Gravy Makes 1 ½ cups

1 TBS soy sauce
1 cup finely chopped onion
2 cups sliced mushrooms
2 TBS whole wheat pastry flour
½ tsp garlic granules or powder
¼ tsp poultry seasoning
¼ sp Spike or other vegetable seasoning salt
1/8 tsp black pepper

Heat ½ c of water and the soy sauce in a large skillet. Add the onion and mushrooms. Cover and cook over high heat 10 minutes, stirring often. Mix the flour with 2 cups of water and add it to the cooked onion mixture along with the seasonings. Stir constantly over medium heat until thick. For smooth gravy, puree it in a blender.

Per ¼ c serving: 25 calories (0% from fat); 1 g protein; 5 g carbohydrates; 0 g fat; 190 mg sodium; 0 mg cholesterol

Changes Kathy Abate made in these recipes: Leave off the soy sauce and the Spike seasoning. In the gravy, use Fat Free Half &

Half, Worcestershire sauce and vegetable stock. In the tofu roast she uses Fat Free Half & Half, garlic, water chestnuts, cranberries, red wine, egg beaters, chopped onion and roasted red or green peppers. She also used other poultry seasonings.

JOKES:

The young man from WV came running into the store and said to his buddy, "Bubba, somebody just stole your pickup truck from the parking lot!"

Bubba replied, "Did you see who it was?"

"The young man answered, "I couldn't tell, but I got the license number."

A WV State trooper pulled over a pickup on I-79. The trooper asked, "Got any ID?" The driver replied, "Bout whut?"

A group of WV friends went deer hunting and paired off in twos for the day. That night, one of the hunters returned alone, staggering under the weight of an eight-point buck. "Where's Henry?" the others asked. "Henry had a stroke of some kind. He's a couple of miles back up the trail," the successful hunter replied. "You left Henry laying out there and carried the deer back?" they inquired. "A tough call," nodded the hunter. "But I figured no one is going to steal Henry!"

