

# Back To Health and Living SDC News Letter



**DATE:** February 17 2005, L41

**Clarksburg WV**

**WEEKLY MEETING BHLC:**  
**FIRST BAPTIST CHURCH NUTTER FORT**  
**219 Maryland Avenue**  
**AGENDA – THURSDAY February 17, 2005**

1. 5:00 Exercise
2. 6:00 Stress Management
3. 7:00 Group
5. 7:30 Dinner MINARDS

**EDITORIAL:** Interesting facts about our Newsletters and the latest information on Vitamin E in the Ornish program.

**Newsletter Facts.** – I was thinking about how our newsletter has evolved and came up with some interesting facts. The Clarksburg BHLC SDC newsletter has 41 publications over the last 41 weeks. The Greensburg Seeds of Support newsletter is starting its 14<sup>th</sup> publication in the last 14 weeks. We really appreciate their participation and letting us forward their newsletter, they have great recipes and excellent articles each week.

The next question I tried to answer was how many people received the newsletters, and I was amazed. We are reaching near **300 of the Ornish Family and friends** by email, and I cannot count how many are forwarded from our original emails, plus the copies we make and give out during our SDC meeting.

Where do they go? We have records of emails going from Phoenix Arizona to Canada, and through our glorious states of West Virginia and Pennsylvania.

**Vitamin E Information.** – A recent study from John Hopkins University recommends that non-smokers do not consume more than

a total of 150 IU/day of any vitamin E supplement. This includes any combination of: individual vitamin E supplements, general vitamin and mineral supplements and any vitamin E that may be found in fish oil supplements. As a participant of the Dr. Dean Ornish Program, please take note of your supplements. It is recommended that you do not exceed the maximum dosage recommendation of 150 IU/day of vitamin E from supplement form. This has been reduced from Dr. Ornish's previously recommended amount of 100-400 IU/day. If you have any questions, please contact Jennie Wilkins at (304) 624-2935.

## **Self Directed Community:**

Last weeks Modality Adherence results from the Clarksburg Electronic Adherence form are shown below. Thank you for the participation, keep up the good work. Don't forget any graduate of the Ornish Program can complete the Modality Adherence form. The program is for any graduate that is following the program, and that does not have a modality adherence program at their SDC and would like to participate in making history one week at a time.

MOLADITY	RESULTS %
Exercise	94
Diet	93
Stress Management	78.6
Group Support	93.5
Out Side Group Support	90.5
Not Attending Group	3
Number of Inputs	21

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**Self Directed Community Dues.** It is a new year and dues should be paid when you can. The dues for member that attend the SDC meetings are 5 dollars a month or \$60.00 for the year. If you cannot pay that is no problem the SDC is there for everyone to help them with their lifestyle change. We want everyone to attend when they can.

### **RECIPES:**

#### **Marinara Sauce from the Graduation dinner came from Everyday Cooking with Dr. Dean Ornish pg 92.**

1/4 cup vegetable broth  
1 onion, chopped  
2 cloves garlic, minced  
1 (28-oz) can diced tomatoes or tomatoes in puree  
1/4 cup tomato paste  
1/2 teaspoon dried oregano  
salt and pepper  
1/4 cup grated nonfat Parmesan cheese

In a large skillet, bring vegetable broth to a boil over moderately high heat. Add onion and garlic and simmer until onion is softened, about 5 minutes. Add tomatoes, tomato paste and oregano. Stir to blend. Bring to a boil, then reduce heat and simmer gently, season to taste with salt and pepper.

Bring a large pot of salted water to a boil over high heat. Add spaghetti and cook according to package directions until al dente.

Scott browned Boca crumbles then added them to the sauce.

Drain spaghetti, then transfer to a large warm bowl. Add sauce and toss well. Serve on four warm plates topping each portion with 1 Tablespoon of cheese.

### **Whole Wheat Bread**

#### **From The Kitchen of Denver Barnett**

2/3 cup instant nonfat dry milk  
1/4 cup sugar  
2 packages active dry yeast  
1 tbsp. salt  
6 1/2 to 7 1/2 cups whole wheat flour

In large bowl, stir 3 cups warm (not hot) water, dry milk, and yeast. Let stand 3 to 4 minutes. Add sugar, salt, and 4 1/2 cups flour. Beat vigorously until smooth. Add 1 1/2 cups remaining flour and stir into manageable dough. Turn dough onto floured surface. Knead for 2 minutes. Add additional flour as needed. Let dough rest 10 minutes. Knead additional 8 minutes until dough is smooth and elastic, adding additional flour as needed. Spray large bowl with nonstick spray. Place dough in bowl, cover with towel, let rise until doubled, 1 to 2 hours. Punch dough down, divide in half, and form 2 loaves. Place in 8 1/2 x 4 1/2 x 2 1/2 inch loaf pans, lightly sprayed with nonstick spray. Cover with towel, allow to rise 45 to 60 minutes. Bake 55 to 60 minutes at 350 degrees.

Makes 2-8 1/2 loaves

### **Baked Beans**

#### **From The Kitchen of Dave Mitchell**

2 – 28 ounce cans Bush's vegetarian baked beans  
1 – 15 ounce can Bush's black beans  
1 large onion, chopped  
1 green bell pepper, chopped  
1 teaspoon minced garlic.

Mix ingredients together in casserole dish. Bake until bubbly.