

# Back To Health and Living SDC News Letter



DATE: February 20, 2007 Letter 77

**Clarksburg WV**

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

printable file, or go to the recipes page and click on product guide, to review the information.

## **ARTICLE: Women and Heart Attacks.**

By Barbary Chappell,

### ARTICLES:

1. Internet links.
2. Newsweek Dr. Ornish.
3. Article by Barbary Chappell, her experience with heart attack.
4. Stress Management.
5. Clarksburg SDC. member of the month, & birthdays.
6. UHC Infromation.
7. Editorial Larry Massey.
8. Recipes.

### **HEART MEDITATION**

*Somewhere in this hospital, someone is baking*

*A blueberry muffin for my breakfast.*

*I'm allowed out of bed today*

*To sit in my corner window, wish*

*Upon the white-stars-falling-snow-storm,*

*Breath in the scent of potted white hyacinth*

*Wrapped in purple paper on the cold window sill.*

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>

We've been told there are differences in men's heart attacks and women's heart attacks. Now I know first hand. Here are some of the things I observed or learned from my heart attack:

## **NEWSWEEK HEALTH BY DR.**

**ORNISH:** Pease visit the Newsweek web site and click on health and check the articles by Dr. Ornish. Dr. Dean Ornish writes articles that relate to the public in general not just about the Ornish Program. He is involved in many projects not just Ornish heart disease reversal. He's trying to get the word out about health and healthy eating to everyone not just us.

**CLARKSBURG WEBSITE:** We just added the Product Guide of Ornish Friendly Foods from Marlene Janco Highmark BC/BS. Website [www.clarksburgbhlc.com](http://www.clarksburgbhlc.com) diet and click on the down load for a .pdf

\* An elephant did not sit on my chest.

\* The EKG at the ER did not show my heart attack.

\* My mysterious, lower leg pain that had made me cry in the night never returned once the stent was in place.

\* My fatigue for the past year had a reason.

\* Those previous pains that I had last May and October, lasting half hour, Was Not a panic attack!

\* Chronic stress will eventually try to kill you.

\* The medical staff at the ER really does move as fast as they do in TV dramas. Thank heavens!

**ATTACK OF THE HEART:** From A Feminine Viewpoint.

On January 17th, 2007 I was standing at my kitchen sink, doing dishes and looking out the window at a green cardinal in the butterfly bush, puffed up from the cold. Bill was cleaning Tom's kitty litter. Ordinary day. I began to have piercing pain in the middle of my chest, radiating through to my upper back. My shoulders and upper arms felt dead with pain in my elbows. The pain immediately spread to my neck and jaw. My upper teeth ached like a severe toothache. I had a drenching cold sweat. I became nauseous.

Bill asked 911 or drive? I said drive. Our hospital is thirty miles away and takes one hour driving time because of our road terrain. We live on a one lane dirt road in mountain-curving country. We decided long ago if possible in an emergency one of us would drive the other to the ER. An ambulance would first have to find our unnamed road, then their policy would be to drive us to our nearest, tiny hospital, which would not have a cardiac doctor on staff.

Luckily, the roads were bare of ice or snow. Bill put on the Jeep's emergency blinkers and prayed coal trucks, timber trucks, other drivers would pull off the road and let him pass them. For the most part, they did so. It took us 45 minutes to reach the ER.

Once in the ER a flurry of activity began for me. The EKG did not show a heart attack, but the lab tests and my own demeanor showed the attack was still in progress. The heart catherization and stent emplacement in the 100% blocked artery gave me immediate relief! Five days later I am home. I will celebrate Valentine's Day this year on a different level, sending love and profound thanks to those who saved me, to family and friends.

And love to my own heart

I want to thank Barbary Chappell for sharing her story with us.

## **STRESS MANAGEMENT:**

**The secrete of feeling at peace with yourself.** *By Crystal Andrus, written in the HealthSmart Today Magazine.*

One of the simplest secrets to becoming the person you are meant to be is to allow yourself "to be." Sound strange? I just think of how many of us go against the very flow of life. We try so hard, pushing pulling, without realizing that we are creating so much unnecessary turmoil and strife. Arguing and stressing. Worrying and resenting. Only to find ourselves 20, 30, maybe 40 years later feeling empty and tired, barely recognizing the person staring back at us in the mirror each morning.

Who have we become and how has this disconnect happened? When we resist what is and try to make it what we believe it should be, we swim against the very essence of life. We feel tired and drained. We create drama, fight with others, become indignant, and force situations to go our way. But when we are living the life we innately trust is right for us and when we honor ourselves exactly as we are, we feel truly balanced – emotionally, physically, mentally, hormonally and spiritually. We are at ease. We resonate with authentic power and beauty.

### ***What We Resist, Persists.***

Resistance to what is blocks the flow of life. It steals away our confidence, joy, and faith and ultimately leaves us feeling weak, unsure and afraid. When we resist a circumstance, person or a feeling within ourselves, we unknowingly give away our power as we produce so much unnecessary stress. Soon our stress takes over and we are left feeling drained and often sick. We've given our power away to the very thing we didn't like or want to be.

Resistance can happen in almost any forum in our lives. We may resist letting go of old relationships, moving forward or

starting new relationships. Perhaps we resist forgiveness, especially forgiving ourselves for something we may have done when we were younger. Maybe we resist letting go of past grievances, playing them over and over in our mind. We may resist having fun or being “in the moment,” or we resist our own reality of life, perhaps from fear of having to accept our denial of what I, or from fear of trying something new.

### ***Still Your Negative Mental Chatter.***

The secret to feeling at peace with ourselves and with our life, comes from stilling our negative mental chatter, letting go of our need to be in control, and trusting in the flow again. Most often just by becoming present in all that you do, you’ll discover the perfection in each moment. When you focus 100 percent of your attention to being present, your worries and resistance become obsolete. You become aware of what is – not of what was or what will be. You don’t worry about how you are going to handle the crisis brewing at work or if your relationship will last forever. You just know that all will work out as it should.

Meditation is an essential part of this process. Meditation is sometimes expressed as listening to the silence between thoughts. It is in stillness that the soul is revealed, the busy mind is silenced, and surrendering becomes effortless. During this intentional act of stillness, distractions may try to trickle in and you may become aware of just how scattered and sidetracked your busy mind is; yet it is in this calm that you are able to reconnect, improve creativity, enhance mental clarity, reduce stress, and even evoke clairvoyance! Many brilliant people including Albert Einstein and Thomas Edison were known to have practiced various forms of meditation.

### ***How To Meditate:***

There are many different types of meditation, ranging from transcendental to guided meditations. You must find the way that is best for you personally. It doesn’t

matter what meditation technique you choose; the foundation of all is focus and attention.

Your posture during meditation is important. The easiest position is sitting comfortably, with your hands joined and your legs crossed. You want to keep your energy flow compact and intense. If you lay down you may fall asleep.

If you have never meditated before find a quiet spot. Don’t get too concerned about chanting mantras (a repeated phrase), although it does help to keep the mind from becoming distracted, as does focusing on a lit candle or a beautiful flower. Close your eyes and concentrate on your slow and steady breathing, while relaxing all the muscles in your body beginning at your feet. Once your body is in a deep state of relaxation, focus on eliminating all thoughts as they enter your mind. Once you can get down to two or three thoughts in five minutes, you have meditated successfully! Each day it will get easier and more intensely healing.

Five minutes of meditation to start with is excellent. Over time you want to try to build up to 20 minute sessions.

### **CLARKSBURG SDC:**

#### **SDC Members of the Month:**

**Stan Firth** – Cohort #16 United Hospital Center.



A few comments from Stan: “The Dean Ornish program has helped considerably. Everything is going fine with me. The Self Directed Community has been a big help to me.”

**SDC Birthdays: February** – Wesley Miller and Helen Kimmel. **HAPPY BIRTHDAY.**

### **UHC Information:**

Transition night for Cohort 17 is scheduled for April 5<sup>th</sup>.

Taste of Ornish April 2, 2007

Cohort # 18 starts April 10, 2007

**Quote of the Month:** "When we resist what is and try to make it what we believe it should be, we swim against the very essence of life."

**Crystal Andrus**

### **EDITORIAL: By Larry Massey:**

I received positive reinforcement from the article on Stress Management. Our stress management portion of the program has always been very hard for me to do each day as necessary to achieve the goals I want from the program. As I read the article in HealthSmart Today Magazine. It reflects a very important message again to enjoy the moment and change what I can and don't try to change the things I cannot.

I totally enjoy stress management and the techniques I have acquired during my first time in the program and the greater learning and accomplishments I have achieved during this amazing second time in the program.

I was at the doctor's office and talking to a young lady in the waiting room. She was telling me that she had two blockages, but things were under control with medication and a stent. I asked her has she been told about the Ornish program. She said, "Yes that is where you do not eat meat." I said yes, but that is only a small part of the program to reverse heart disease. She replied, "My problem is under control with medication and I do not need to give up my lifestyle."

I said as she was called for her appointment, good luck, but don't forget the Ornish program is there for you. She said, "It was nice talking to you and have a good day." I could not connect with her that she

could have a longer and better life with some change. But I accept that moment was a part of my life and on that day I could not make a change. Maybe I or you will meet her or someone else on another day?

I started the program April 4, 2002 (Cohort 1 at United Hospital Center) and I will never stop, there will be stumbles and falls but the rest of my life will be under this lifestyle.

**RECIPES:** Judy Byrd: Uncle Bill's vegetarian minestrone soup.

I found the above recipe on the internet and edited it to make it Ornish friendly. It turned out very good and thought others in the program might want to give it a try:

¾ cup chopped onions  
3 cups vegetable broth  
2 cups diced zucchini  
1 cup diced carrots, peel first or scrub well  
1 cup canned chick peas, cannelloni beans or other white beans (I use chick peas)  
¾ cup diced celery  
1 teaspoon dried basil or 2 tablespoons finely chopped fresh basil  
¼ teaspoon dried oregano  
¼ teaspoon salt  
1/8 teaspoon fresh coarse ground black pepper  
15 fluid ounces canned diced tomatoes (w/basil, garlic & oregano)  
2 cloves garlic, minced  
¼ cup uncooked ditalini or whole wheat elbow macaroni

Add chopped onion to approx ¼ c of vegetable broth and sauté for 4 minutes or until just lightly browned

Add remaining vegetable broth, zucchini, carrots, beans, celery, basil, oregano, salt, pepper, canned tomatoes and garlic.

Bring to a boil; reduce heat, cover and simmer on medium-low heat for 25 minutes, stirring occasionally.

Add macaroni; cover and cook an additional 10 minutes.

Enjoy!