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DATE: April 25, 2007 Letter 79

Clarksburg WV

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

<http://www.msnbc.msn.com/id/18043611/site/newsweek/>

CLARKSBURG SDC:

SDC Birthdays: April – Larry (Rabbit) Snider. **HAPPY BIRTHDAY.**

ARTICLES:

1. Internet links.
2. Newsweek Dr. Ornish.
3. Annual WV/PA SDC meeting
4. Clarksburg SDC.
5. Stress Management.
6. Vegetarian Summer Fest:
7. Editorial Larry Massey.
8. Recipes/Jokes

SDC Meeting April 26. This past Thursday we were blessed to have Denise Binion to give us a demonstration of Jin Shin Jyutsu. This is the art of healing by touch and using the energy of the body to heal. We had attendance of 12 participants with an excellent demonstration by Denise. Thank you Denise for the introduction.



LINKS: (1) <http://www.chasoc.org>
(2) <http://www.heartbeats4life.org/>
(3) <http://www.msnbc.msn.com/id/3037964/site/newsweek/>
(4) <http://www.clarksburgbhlc.com>

ANNUAL WV/PA SDC MEETING:

*The annual SDC meeting is scheduled for Saturday May 19, 2007. Our meeting this year will be held at UHC in Clarksburg WV from 10:00 to 3:00 with dinner afterward. Dr. Ornish will be providing a talk with a question answer session by video conference. We will have presentations from WV, PA, and NY Self Directed Community locations. Please mark your calendar. **Agenda:** Ornish updates, Insurance updates, Video conference with Dr. Ornish, discussion with other SDC groups about mentoring and helping new cohorts. Please join us for a great day of connection with others. **Specials:** Door prizes, meeting booklet with recipes, 20 meals, and a stress management CD, snacks and a great meal.*



NEWSWEEK HEALTH BY DR. ORNISH: If you did not read. “**The Insurance**” last month, please take the link at the top of the next column and read the article by Dr. Ornish. Please rate any article.

ARTICLE: Change of heart

A cardiologist looks beyond the body to heal. When doctors told Erminia “Mini” Guarneri that she needed surgery for her back pain, she was

skeptical. Guarneri, a cardiac surgeon, knew the procedure might address the short-term problem, but she also knew it wouldn't give her the tools to deal with the work-related issues that had led to the injury in the first place. So she took a chance. Armed with her CT scan, she asked a yoga teacher to put together a program that included spinal twists, healing touch, and acupuncture. Sure enough, her debilitating pain disappeared. "It cured me," she says. "I went from not being able to walk 10 feet to full functionality."

Although Guarneri's medical training taught her that hearts were mechanical pumps, "hollow muscles with no relationship to the emotions, intellect, or soul," she could never shake the feeling that her patients' anxiety, fear, and anger contributed significantly to their heart problems. Her fellow doctors didn't talk about the emotional or spiritual realm, and her patients often ended up on the table for repeat surgeries. She knew intuitively that something was missing. "Medicine is great at patching things up," she says. "But rather than talking about blood pressure and cholesterol, often it's just as important, if not more, to talk to people about *why* they're overeating or having problems in their relationships."

STRESS MANAGEMENT:

Namaste from Elizabeth Connor, RYT
*SPRING TOWARDS YOUR FULL
POTENTIAL*
6 Ways to Jump-Start Your YOGA
Practice!

Visualize!

Reinforce a positive self-image. See yourself with a healthy body, a focused mind, and an open heart. Take time to think about how you would like to look, speak, or interact with others. Imagery provides the mind with a blueprint to realize your highest potential.

Meditate!

Dedicate daily time to withdraw from life's business. The chance to calmly assess your lifestyle helps you to embrace habits that uplift your health.

Relax.

Gift yourself the replenishing experience of relaxation every day.

Stretch!

Yoga poses nourish the body from within, balancing hormone levels that control mood, appetite and sleep patterns. Practicing the poses will lessen cravings for unhealthy habits.

Devote energy to fun!

Recent studies indicate that a daily dose of laughter is heart healthy.

Join a class!

Tuesdays 7 pm at The Lake Floyd
Club House Starting May 1st.

Tuition- 30\$ / 5 wks. * Second family member ½ price! Class meets 5/1, 5/8, 5/15, 5/22, 5/29 Last session 'till fall. Registration 873-2128 yogacenterpoint@yahoo.com

Wednesdays 6:30pm at The
Benedum Civic Center
Starting Next Week - April 25th
6wks- 42\$ Registration- 842-8240

Happy Spring,
Elizabeth Connor, RYT
Integral Yoga Certified
Stress Management Specialist

VEGETARIAN SUMMER FEST:

From Ed Ehlers: Rochester Group.

Check out www.vegetariansummerfest.org and give it some thought for you and your posse. You will love it. Great food! Great speakers! One of which is Dr. Esselstyn that is a friend of Dr. Dean Ornish. A few people from Rochester besides myself are planning to go. Would be great for all of us to meet. The dates are July 25-29th.

Quote of the Month: By: William Faulkner.

"Always dream and shoot higher than you know you can do. Don't bother just to be better than your contemporaries or predecessors. Try to be better than yourself."

EDITORIAL: By Larry Massey:

My journey with the Ornish life style change is now greater than 6 years. My second time through the program is nearing an end I only have 4 weeks left. I am sad but excited about the additional knowledge and new friends I have gained. I have learned so many things as I work with new cohorts. I am still learning to share my feeling with others and will continue with this process. I am still learning to take stress management to an additional level. To put it in a nut shell, I will never quit learning and experiencing during my journey. I will have up and downs but I have the strength and training to overcome any downs. The best thing is I know I am doing what is best for my physical body and mental health along this road of life.

If you can plan to join us on Saturday May 19, 2007 for the annual WV/PA SDC meeting. We need to be able to get more participants involved with the SDC locations. We only have 4 members from the first cohort that attend present meetings and only one or two from following cohorts. We are not sure how to do this and we need your ideas of how each SDC accomplishes the goal of mentoring and getting new members into the SDC. This is the goal of the annual meeting this year to share ideas that will help us and others.

RECIPES: Roasted Potatoes & Steak

By: Martha Griffith

5 or 6 medium potatoes

2 or 3 carrots

1 sweet onion

Salt, pepper, garlic powder

1 bag Morning Star Steak Strips

Peel and quarter potatoes, slice carrots, slice sweet onion, enough to fill a 13 x 7 dish, lightly sprayed with Pam. Season with salt, pepper, garlic powder. Do not add any liquid. Cover with foil, bake at 350 for about 1 hour, or until veggies are somewhat tender, uncover and return to oven to finish cooking. You can also add a bag of browned (steak) strips the last 10 or 15 minutes.

Ornish Chocolate Fudge:

By Willie Mutschelknaus. For those who can have sugar this is excellent.

4 cups Sugar

1 can carnation fat free milk

1/4 to 1/3 cup Wonder Coco

1 jar marshmallow cream

Cook (medium to High) until it forms a ball when dropped in cold water.

Add marshmallow cream and stir.

Let stand for a few minutes, then stir until it starts to set up, then pour into a dish.

Makes two pie plates full.

JOKES:

There was a man who had worked all of his life, and was a real miser when it came to his money. Just before he died, he said to his wife, "When I die, I want you to take all my money and put it in the casket with me. I want to take my money to the afterlife"

And so he got his wife to promise him with all of her heart that when he died she would put all of the money in the casket with him. Well, he died. When they finished the ceremony, just before the undertakers got ready to close the casket, the wife said, "Wait just a minute!" She had a box with her, came over with the box and put it in the casket.

So her friend said, "Girl, I know you weren't fool enough to put all that money in there with your husband."

"I sure did," said the wife. "I got it all together, put it into my account and wrote him a check. If he can cash it, he can spend it."