

# Back To Health and Living SDC News Letter



**DATE:** May 12, 2005, L52

**Clarksburg WV**

**WEEKLY MEETING BHLC:**  
**ST MARK'S LUTHERAN CHURCH**  
The Church is located at the corner of  
Route 19 South & Route 98 (Davisson  
Run Road) Next to the United Hospital  
Center.

**AGENDA – THURSDAY May 12, 2005**

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

**EDITORIAL:** This week we will continue to look at the Self Directed Community and Stress Management. The Self Directed Community is the base and support for continuation of the program after graduation from the program at the Hospital. The SDC plays an important part in the 4 modalities. The SDC is the foundation for connectivity with other participants and a place to continue each modality. Try and join us any Thursday for any of the modalities, and you will find it gets in your blood and continues to help reverse heart disease.

## **SDC:**

**Potluck Dinners:** We have potluck every other Thursday. We have some of the best “4 Star” Ornish dishes that are only in dreams, and prepared by the members. For example below is our menu from May 12, 2005.

Waldroff salad with fat free lemon yogurt dressing. Cumber Salad. Muffin Cake. Mexican Macaroni. Rigatoni Supreme. Scalloped Potatoes. Fresh Fruit. Wheat Bread and Water.

**Modality Adherence** results for the week of 5-2-2005, from the Clarksburg Electronic Adherence are shown below. Thank you for your weekly participation. The link to our weekly modality adherence form is below; you can click on it or add the link to your web browser for easy future access. <http://www.equipmenthealth.com/Clarksburg.htm>.

Any one who is an Ornish graduate is invited to help us prove that a large group of participants can maintain the program.

MOLADITY	RESULTS %
Exercise	86.8
Diet	86.4
Stress Management	<b>66.9</b>
Group Support	96.9
Out Side Group Support	89.7
Not Attending Group	6
Number of Inputs	17

## **STRESS MANAGEMENT YOGA:**

From the weekly results above we can see that participation in stress management has decreased. Stress management is a very important part of the program. Below is a press release re Jennifer Daubenmeir Ph.D. (PMRI) summary of data in this topic area. For a complete copy of the report just send me an email.

**YOGA AND MEDITATION IN ADDITON TO A LOW-FAT DIET AND EXERCISE MAY HELP REDUCER WEIGHT AND CARDIAC RISK.**

**Vancouver, British Columbia, Canada** – Could yoga and meditation add to the benefits of a low-fat diet and exercise as a way to lose weight and reduce the risk of heart disease? Researchers at the Preventive Medicine Research Institute in Sausalito, CA, found that yoga and meditation may improve the effectiveness of the tried and true approaches of a low-fat diet and moderate exercise.

“People who regularly practiced yoga and meditation, ate a low-fat diet and exercised lost more weight than those who ate a low-fat diet, exercised, but did less yoga and meditation,” says the study’s lead author, Dr. Jennifer Daubenmier, who will present these results at the American Psychosomatic Society Annual Meeting on March 4 in Vancouver, British Columbia.

The daily practice of yoga and meditation was one component of a community-based comprehensive lifestyle change program, The Dr. Dean Ornish Program for Reversing Heart Disease. The program also included a plant-based diet, which was low in fat and simple carbohydrates and high in complex carbohydrates, as well as moderate exercise and group support. More than 1,200 men and women in several parts of the country who had coronary heart disease or were at risk participated in the study.

After only 12 weeks, significant improvements were found in both biomedical markers and psychosocial risk factors for cardiovascular disease. These improvements included a 12-pound reduction in weight, increased exercise capacity, reduced diastolic and systolic blood pressure, substantial decreases in total and LDL cholesterol, and diminished symptoms of depression and hostility.

It is well known that diet and exercise are important factors in losing weight, but one of the surprises of the study was that yoga and meditation may contribute to even more

weight loss and reduced risk of coronary heart disease, Daubenmier said. How could meditating and doing yoga lead to weight loss? Daubenmier’s prior research suggests that yoga practice may increase responsiveness to bodily cues, such as not eating when full. That study is soon to be published in the American Psychological Association’s *Psychology of Women Quarterly*.

In addition, other research has shown that the stress-induced hormone, cortisol, is related to greater abdominal fat. Managing stress through yoga and meditation may reduce the secretion of cortisol, thereby decreasing excess fat around the stomach. The question still remains whether practicing yoga and meditation can reduce weight, or whether such practice is simply associated with other factors affecting weight loss. More research is needed to understand how these stress reduction practices might influence weight loss.

This program is currently offered by Highmark, of Pittsburgh, PA at 14 hospital sites in Pennsylvania and West Virginia. For more information, please call 1-800-879-2217.

### **RECIPES: Hummus (Creamy Chickpea Puree)**

1 (15-ounce) can chickpeas (garbanzo beans)  
2 tablespoons lemon juice  
¼ teaspoon ground cumin  
1 small garlic clove, minced  
Pinch cayenne pepper  
2 tablespoon minced parsley  
1 tablespoon minced red onion

Drain chickpeas, reserving juice. Do not rinse. Transfer peas to a food processor or blender and blend with ½ cup reserved chickpea juice, lemon juice, cumin, garlic, and cayenne. Add parsley and red onion and pulse briefly just to mix. Serve as dip for raw or steamed vegetables or as a sandwich spread.