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DATE: June, 2007 Letter 81

Clarksburg WV

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

ARTICLES:

1. Internet links.
2. Newsweek Dr. Ornish.
3. UHC Cohort 18
4. Clarksburg SDC Birthdays.
5. Vegetarian Summer Fest:
6. Outdoor Excursions.
7. Editorial Larry Massey.
8. Diabetes

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>

NEW ARTICLE IN NEWSWEEK HEALTH JULY, BY DR. ORNISH:

“Lighten UP” A very interesting article, please take the link below and read the article by Dr. Ornish. Please rate all articles so this information with continue to be available to us and the general public.

Newsweek column just posted:

<http://www.msnbc.msn.com/id/19617152/site/newsweek/>

CLARKSBURG SDC:

Cohort 18: The BHLC SDC will be joining the cohort for their 12 week graduation at UHC. We wish them all the success in the future and welcome them to the SDC.



SDC Birthdays: June – 2007

**Alexander Alex,
Stanley Firth,
Willie Mutchelknaus -**

HAPPY BIRTHDAY.

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:

“ The I in illness is isolation, and the crucial letters in wellness are we.” ~Author unknown, as quoted in Mimi Guarneri, *The Heart Speaks: A Cardiologist Reveals the Secret Language of Healing.*

OUT DOOR EXCURSIONS:

By Elizabeth Connor. Beth Hestick organizes these great local WV outdoor excursions. She is a wonderful hiking guide and would be sensitive to provide Ornish friendly snacks if requested.

Examples:

Wild & Wonderful Wednesday Walks:

July 11. This is a very gentle walk along the rail trail between Smithsburg and West Union. The trail surface is very level and has crushed stone and mowed grass as a walking surface. We'll stop at the historic Smithburg depot and probably experience a tunnel or two. The walk will begin at 10:00 and will last about 4 hours. Car pooling from Glen Elk will be available. Cost: \$17, lunch and snack are included.

Saturday Ramble: July 14. This Saturday adventure will cross the Dolly Sods from the DS campground to near Timberline Ski Resort. It will be an all day adventure over beautiful and challenging terrain. We will meet in Dry Fork (near Canaan) at 9:00. Cost: \$20, lunch and snack are included.



Remember...go outside and play today,

Beth Hestick
Wild & Wonderful, LLC
wildwonderfulwalks.com
304-623-0112

EDITORIAL: By Larry Massey:

I would like to express some of my feelings of the blessings I have each day. My last blood work showed a cholesterol level of 91, this is the lowest my cholesterol has ever been. My LDL was 49 which is also the best it has been in my life. I will be talking to my doctor to completely remove me from my Crestor medication. When I had my stress test last month, the doctor said, "I am impressed; keep doing what you are doing".

I am blessed to be a part of the Ornish program. I am blessed to meet and know many new great people, and have many new friends. I am blessed with my health and the knowledge I receive each day to inspire and help me reverse my disease.

I can also see the progression of our society that we need a near fat free diet, with fruits, vegetables, and whole grains. We see on TV and in many studies that we are pushing to exercise and the use of stress management in our everyday life. Our society is going in the correct direction and the best part is all of us in the Ornish program have a head start of increasing our health.

Just in this newsletter look at the information Dr. Ornish is publishing in Newsweek, the graduation of another cohort at UHC, the outdoor walking program, the article on diabetes, the vegetarian summer fest. The facts are all around us we only need to count our blessings.

DIABETES: From Denise Binion.

From Sunday's Charleston Gazette

Caroline Trapp

• Back away from the pills: Reverse the diabetes epidemic

Larry Alan Stanford died of a heart attack May 21 — the very same day that a study came out revealing that Avandia, a diabetes drug he had been taking, significantly

increases cardiac risk. Although the lawsuit his family just filed against the drug manufacturer will no doubt warn many others of the medication's dangers, there's a larger lesson to be learned from this tragedy.

As a diabetes nurse educator for the last 20 years, I can tell you that Stanford's death may have been avoidable. And I'm not talking about a different, safer pill. Studies show that the right diet can actually be more effective than drugs at lowering high blood sugar — and these healthy eating habits don't cause heart attacks.

Chances are you haven't heard about this. The amazing ability of diet to treat, and sometimes even reverse, type 2 diabetes is one of those best-kept secrets I'd like to shout from the rooftops. Perhaps if the pharmaceutical companies could profit from selling healthy food, more Americans would know that simple dietary changes could save their lives.

A study recently conducted by my colleagues and underwritten by the National Institutes of Health showed that a low-fat vegan diet is more effective at lowering high blood sugars than oral medications. But before you turn the page thinking that most people can't live without hamburgers and the like, consider this: Research participants in the vegan arm of the study actually had an easier time sticking with their diet than those following the conventional diabetes diet, recommended by the American Diabetes Association. The reason is simple: They didn't have to count calories, cut portion sizes, or limit carbohydrate intake.

In fact, after a few weeks of sampling new recipes, even the most old-fashioned meat-and-potato guys find this diet extremely easy to follow, especially since so many of them have such great results. Many patients are able to reduce their diabetes medications and, in some cases, even eliminate them. And this diet has side effects the drug companies can

only dream about. It's great for reducing high blood pressure and high cholesterol, as well as helping with weight loss.

Of course, this dietary approach isn't just good at reversing disease. It could help control our out-of-control health-care spending as well.

Just a few days before Stanford's family filed their lawsuit in Texas, a coalition of diabetes thought leaders presented to the Congressional Diabetes Caucus a shocking report showing that one out of every EIGHT federal health-care dollars is spent on the disease. Looked at another way, in 2005, we spent nearly \$80 billion more to treat people with diabetes than those without the disease.

You'd think this kind of investment would buy us a cure. Unfortunately, it hasn't. People with diabetes certainly get lots of treatment for all that money, but for many, it's not very effective. Many take three different pills for diabetes, plus pills for cholesterol and hypertension, yet they still go on to develop heart disease, kidney failure, loss of vision, amputations and other horrible complications. It is estimated that 75 percent of those on insulin, still the strongest drug for diabetes, do not achieve the American Diabetes Association's target of an A1c blood test below 7 percent.

Given the type of money we're spending on diabetes, the ineffectiveness of our current treatments and the distressing future so many people with diabetes face, it's time to put a bold new approach to work. A varied and balanced diet rich in fruits, vegetables, whole grains and legumes — and free of cholesterol and fat — would make a world of difference. Especially to people like Larry Alan Stanford.

Trapp is the director of Diabetes Education and Care for the Physicians Committee for Responsible Medicine. She lives in Farmington Hills, Mich.