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DATE: October, 2007 Letter 83

Clarksburg WV

WEEKLY MEETING BHLC:
FIRST BAPTIST CHURCH OF
NUTTER FORT. 5:00 pm each Thursday.
219 Maryland Avenue. Nutter Fort, WV.
Pleas join us for any part, an evening of
reversing heart disease, and fun.
5:00 *Exercise*
5:30 *Stress Management*
6:30 *Group*
7:00 *Dinner (Pot Luck or Restaurant)*

ARTICLES:

1. Internet links.
2. Newsweek Dr. Ornish.
3. SDC Birthdays / Pretzel orders
4. American Heart Association Walk
5. Sleep your way to 100 years
6. SDC Meeting / Charleston Links
7. Editorial Larry Massey.
8. Recipes and Jokes

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>

NEWSWEEK HEALTH AUGUST, BY DR. ORNISH: "Tortured Logic"

Newsweek column posted: We sent out information when the article was posted. It is an excellent article about our morals and where we may be going. I would recommend reading the comments and make you own comment. Daniel Kemp

<http://www.newsweek.com/id/56767>

CLARKSBURG SDC:

SDC BIRTHDAYS: September & October
– 2007



Member Birthdays,
September – Mike Lucas,
Sherry Stepp, Helen Vernon
Mary Mutchelknaus.
October – Margaret Lucas.
If you would like to be
added to our Birthday
database please email

Martha at mlgpab@juno.com

**HAPPY BIRTHDAY TO ANYONE WE
MAY NOT HAVE ON OUR LIST.**

WHEAT PRETZELS:

I will be sending out an email about pretzels, peanut butter and crackers if anyone would like to order any for December. Or just email me at lmasey@ma.rr.com .

Pretzels - \$16.00 for 8 lb box.

Peanut Butter - \$4.00 per jar.

Baked Woven Whole Wheats Crackers - \$2.00
per .7oz box.

Many thanks to **Ron Begola** for our last order they were great.

Quote of the Month: Chart Your Course:

"Our destiny is shaped by our thoughts, our actions and our God. We cannot direct the wind but we can adjust our sails."

~Author unknown.

HEART WALK:

The heart walk was held in October at the RCB High School, the Bridgeport Cheerleaders were there too cheer everyone around the track. I was a great day, some picture are shown below of the registration, pre-stretching an some of the walkers.

The Health Connection would like to thank Robert and Carolyn Dennison and Micheal and Margaret Lucas for their contributions to the Heart Walk.



STRESS MANAGEMENT CLASS:



“Great News Elizabeth will be leading our SDC Class each Thursday till January 2008, please join us.”

From Elizabeth Connor.

Sleep Your Way to 100 With Power Naps Posted Fri, Nov 09, 2007, 8:54 am PST

This is one of my favorite longevity tips, but don't get the wrong idea! Sleeping your way to 100 means power naps. Power naps: 10, 20, 30 minutes a day really rejuvenate and refresh your body. Read on to discover how they factor into your longevity plans.

Power Up with a Power Nap

A long-time tradition in Latin countries, a siesta is a great way to jumpstart the second half of your day. Famous nap enthusiasts have included some of the best minds in history, such as Albert Einstein, Winston Churchill, and Thomas Edison. What they knew was that a midday snooze - while seeming to be an unproductive use of time - could actually increase their effectiveness. Some of the reviving benefits of naps include enhanced cognitive function, better reaction time, more patience, stress relief, and better overall health. So how long should your power nap be? It differs from person to person, but on average, a brief nap to revive the brain should be between 15 and 30 minutes. Sleeping for any longer will get you into deeper stages of sleep, from which it is difficult to awaken. (If you are napping to compensate for significant sleep loss, you would of course want to take a longer nap, and research has much to say about the restorative benefits of lengthy naps.)

Nap Advice to Take to Heart

In America, coronary heart disease is the single largest killer of men and women. Taking a midday nap is one of the best ways to lower stress on your heart. The body follows a circadian rhythm and according to Chinese medicine, noontime is the peak hour

for the heart. In order to strengthen your heart, Chinese doctors advise that you rest and engage in calming activities at this time of day. Studies show that people who napped 30 minutes every day were 30 percent less prone to heart disease than those who didn't take a midday snooze. If you want to live to be 100, you need to take a few naps along the way!

Snoozing on the Job

In this modern society we are pressured to work hard and then play hard, living by the saying, "You can rest when you're dead." Although catchy, it should probably say: "If you don't rest regularly, you'll be dead a lot sooner." Modern countries don't value rest. Consequently, most adults are sleep-deprived, and this sort of fatigue affects our health, safety, and productivity at work, which in turn, affects a company's bottom line. Think about it: sleepy workers make more mistakes and cause more accidents. Some companies are actually beginning to encourage power naps during the workday, providing a place where workers can rest briefly. Workers who take advantage of the opportunity to nap for 20 minutes during the workday report that they can then return to work with renewed enthusiasm and energy.

- Instead of combating the afternoon lull with caffeine - a tactic that creates the illusion of efficiency and alertness, but actually "borrows" energy from your life force that you didn't have in the first place - try taking a power nap!
- If you only have five minutes to spare, just close your eyes. Even a brief rest can reduce stress and help you relax, which can give you the increase in energy you need to complete your tasks of the day.
- If you are uncomfortable with napping during the day, another option is meditation. It gives your body a rest and produces slower brain waves that are similar to sleep.

I hope this article shows you the wisdom of napping! I invite you to visit often and share

your own personal health and longevity tips with me.

May you live long, live strong, and live happy! --Dr. Mao

SDC MEETING:

Another excellent SDC meeting was held at Willie and Mary's Cabin. I had to miss this one were in Las Vegas on business. It is great to have Cathy and Cheryl at the SDC meetings.



CHARLESTON SDC:

Hi everyone, Keith Carmichael, member of the Charleston SDC, has asked me to share with all of you these articles that he has found that deal with issues that some of us face to varying degrees. These are all excellent articles that can raise our knowledge and help us be better stewards of our own bodies. I recommend them highly.

I invite you to respond with your comments and questions for all to review. Just reply to this message to do so.

Article on the lack of Cardiac Rehab following a heart attack ---

<http://www.latimes.com/features/health/la-he-heart29oct29,1,7376982.story>

Article on a generic statin drug that is much cheaper --

http://www.nytimes.com/2007/11/03/business/03generic.html?_r=1&adxnnl=1&oref=slogin&adxnnlx=1194297066-lewo2jBXxYnZ8ytQnla/Bg

Make it a fantastic week !!!

Best to you always,

Rich Hopkins

website - <http://rhopkins.wirefire.com>

wvisrich@yahoo.com

blog - <http://newdawnprod.blogspot.com/>

EDITORIAL: By Larry Massey:

I want to let everyone know that Jennie Wilkins (dietitian at UHC) is taking a new position at WVU. We will miss her, she has been an inspiration and has provided us with the knowledge to pursue our daily goals. Thank you Jennie.

I want to make a few comments about a recent trip to Las Vegas. Last month my wife and I were in Las Vegas for a week at an Infrared conference.

The interesting observation was that we can eat almost anywhere. The daily lunch that was provided had steamed vegetables, salads with fat free dressing and whole wheat bread

and best part after talking to the chief he provided a wheat pasta cooked with no oil each day that was enjoyed by everyone. There were about 550 people attending the conference. The evening meals were also easy, we stayed at the Orleans Hotel and a few of the restaurants in the Hotel had vegan meals which were easy to modify. They even had soy milk at one shop.

Let's look at the exercise which I got behind on except for the walking between the slot machines. They had a very well equipped exercise room, my wife Beverly went down and watched the first evening until we got tired and then returned to other activities. I did exercise two times on the treadmill and stair machine two evening while we were there.

How about stress management, the meetings were good during the day and my presentation went very well. My morning stretches and evening CD after playing the slot machines (3000 slot machines in one Hotel) we both needed a little stress management. What I am trying to say is we can follow the program anywhere with some work and that is how we reverse heart disease.

God has truly blessed me by providing me with the training in the past 6 years that I need to have a healthy lifestyle change. I wish everyone a happy and healthy holiday.

RECIPES:

Eggless Nog

Yield: 10 servings

1 quart skim milk

1 cup fat-free egg substitute

¼ cup sugar

½ cup instant vanilla pudding mix

½ teaspoon ground nutmeg

Place all ingredients in a blender, blend until smooth. Chill for several

hours. Shake or stir eggnog well before serving.

Source: The Cooking Cardiologist (Expanded 2nd Edition), Richard Collins, MD, p. 43

