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DATE: November 4, 04 L28

Clarksburg WV

WEEKLY MEETING:

**FIRST BAPTIST CHURCH NUTTER FORT
219 Maryland Avenue**

AGENDA – THURSDAY Nov 04, 2004

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

EDITORIAL: In the next few weeks we will show some articles that are parallel with our Ornish life style changes, and show that the changes affect so many areas of our health from acne to sex.

For years you were told foods like chocolate and potato chips made acne worse. Then dermatologists said that foods were not to blame for blemishes. Now it looks as though what you eat may be at the root of those pesky pimples after all. According to a recent study published in the *Archives of Dermatology*, the high level of refined carbohydrates and sugar in the typical Western diet may be the reason for up to 95 percent of teenagers' acne. The research team spent seven weeks observing the skin and lifestyle of a village of people in Papua New Guinea. Results showed that there was absolutely no acne in the more than 1,200 people studied, including 300 people between the ages of 15 and 25. Unlike American teenagers the islanders eat a mostly **low-fat diet rich in fruits and vegetables, which keeps their insulin levels low.** Research has shown that when insulin levels rise, the production of hormones such as testosterone increases, triggering the production of oil in the pores. Over time these pores become

clogged and acne develops. Therefore eating a diet full of foods that keep insulin levels low may be the key to clear skin. *Source – Cordain L. Lindeberg S. Acne vulgaris: a disease of Western civilization. Arch Dermatol, 2002;138(12):1584-90.*

SDC: Below are the modality results from last week all areas showed an increase. Keep up the good work.

Adherence Results Last Weeks Average:

MODALITY	RESULTS
Exercise	84.4
Diet	91.8
Stress Management	74.6
Group Support	98.6
Out Side Group Support	90.6
Not Attending Group	4
Number of Inputs	16

We would like to thank the Greensburg SDC for sending us a copy of their newsletter "**Great Job**" a copy is attached.

RECIPES: BANANA BREAD. *From the kitchen of Carolyn Dennison*

- 1/2 Cup applesauce
- 2 teaspoon of lecithin
- 1 Cup sugar
- 1/4 Cup eggbeaters
- 2-3 large mashed bananas
- 1 tsp baking soda
- 2 tsp Rumford baking powder
- 2 cups WW pastry flour
- 1/2 cup skim milk

Beat applesauce, lecithin, sugar, eggbeaters, and milk together, add flour, baking powder and soda. Mix together well, pour into a pam sprayed loaf pan or double recipe and put into a 9x13 baking dish, and top with banana pudding. Bake at 350 for 1 hour.