

Back To Health and Living SDC News Letter



DATE: November 11, 04 L29

Clarksburg WV

**WEEKLY MEETING BHLC:
FIRST BAPTIST CHURCH NUTTER FORT
219 Maryland Avenue
AGENDA – THURSDAY Nov 11, 2004**

- 1. 5:00 Exercise**
- 2. 6:00 Stress Management**
- 3. 7:00 Group**
- 5. 7:30 Dinner MINARD'S**

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.

Practicing yoga may be a safe and gentle way to improve excessive curvature of the upper part of the spine (hyperkyphosis) seen in many elderly women, according to a study in the *American Journal of Public Health*. Specific yoga poses that target the upper back appear to help straighten the spine and restore physical function. (*Hyperkyphosis is a common condition in elderly people. It affects the spine from the base of the neck to the top of the low back and leads to the “hunched over” appearance often seen in seniors*) Hyperkyphosis is not usually painful, but it may restrict one’s ability to perform daily activities like standing from a seated position, reaching for objects, and bending over. In many cases the curvature may be due in part of poor posture or muscle weakness, factors that may be mitigated through yoga. In the new study, 21 women with hyperkyphosis between the ages of 60 and 86 participated in one-hour yoga classes twice per week for 12 weeks. The program included four specific poses that concentrate on the upper back.

Every three weeks, more challenging poses were introduced. Measurements of height and upper back curvature were taken at the beginning and end of the study. Several tests of physical performance were also conducted. After 12 weeks of yoga, the average height of the women increased by more than a half-centimeter, and there was slight improvement in the curvature of the spine. Tests of physical function also demonstrated improvement, suggesting the spine had become more flexible. Some 63 percent of the women reported a sense of greater well-being and 58 percent perceived an improvement in physical function. *Source – Greendale GA, et al, Yoga for women with hyperkyphosis: results of a pilot study. Am J Pub Health, 2002;92(10):1611-4.*

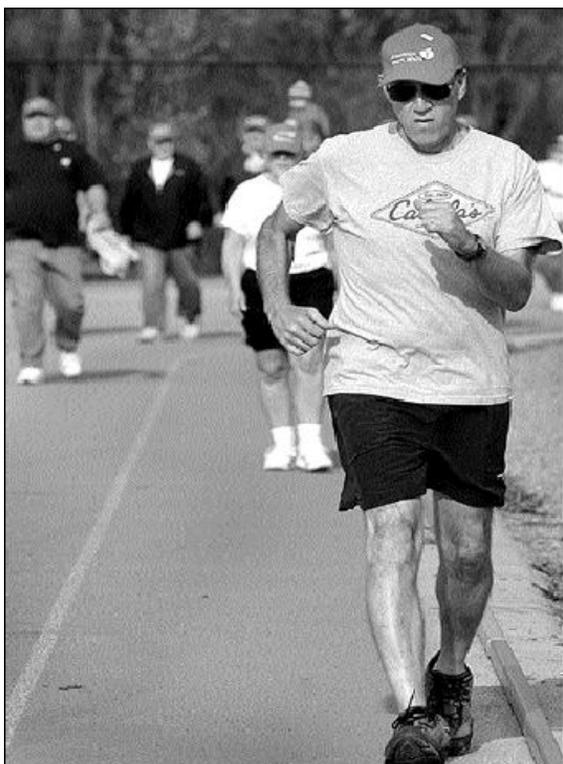
SDC: Below are the modality results from last week thanks for the additional inputs. Keep up the good work.

| MODALITY | RESULTS |
|------------------------|---------|
| Exercise | 94.7 |
| Diet | 93.0 |
| Stress Management | 73.3 |
| Group Support | 92.2 |
| Out Side Group Support | 89.5 |
| Not Attending Group | 6 |
| Number of Inputs | 19 |

A heart-felt walk: *From Elisabeth Quintana WVU Morgantown.* More than 225 walkers filled the WVU Track on Sunday for the Monongalia County American Heart Walk, an event which celebrates heart attack survivors and raises funds for the American Heart Association. Joining in the laps around the track were Duane Shoemaker (top picture) who carried his 7-month-old

daughter, Abigail, atop his shoulders. Abigail underwent successful open-heart surgery at the age of one week but was in fine health for Sunday's event. Leading the walkers around the track for the opening lap, called the "Survivor's Lap" was **Monte Howard** (bottom picture), a heart attack survivor who even outpaced his wife who joined him for the lap. Monte just finished a full year with the Ornish program at WVUH.

The large crowd filling the track found that Sunday was a very pleasant day for a stroll, particularly one that supported their favorite cause.



Bob Gay/The Dominion Post Photos.

Source:<http://www.dominionpost.com/a/news/2004/11/01/bf/>

RECIPES:

CHOCOLATE ZUCCHINI BREAD:

From the kitchen of Carolyn Dennison

- 3/4 Cup of eggbeaters
- 2 Cups of sugar
- 1 Cup applesauce
- 1 T of lecithin
- 2 cups of grated zucchini
- 2 tsp of vanilla
- 2 3/4 cups of WW pastry flour
- 1 tsp baking soda
- 2 tsp. baking powder
- 1 tsp salt
- 1 tsp cinnamon
- 1/2 cup wonder cocoa

Spray two loaf pans with pam, mix all dry ingredients together. In another bowl beat eggs and sugar, applesauce, lecithin, zucchini and vanilla. Add dry ingredients mix together and pour into loaf pans.

Bake 1 hour at 325

BANANA MOUSSE: *From the kitchen of Violet Stackpole.*

- 1 pk. Instant F.F. sugar free pudding.
- 1 F.F. Phila Cram Cheese 8 oz.
- 1 F.F. Sour Cream 8 oz.
- 1 F.F. Cool Whip 8 oz.
- 3 medium size bananas.

Dump pudding in bowl add cream cheese, sour cream and cool whip.

Blend on low speed then on high until fluffy, Spoon into a bowl and layer bananas. Refrigerate. Serve with cinnamon and nutty nuggets on top.

Thank you for these great recipes, please continue to send the recipes that you have modified to be Ornish friendly or that you have found during our Ornish adventure.