

Back To Health and Living SDC News Letter



DATE: November 15, 2006 Letter 74

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. Vitamin Update.
3. Newsletters.
4. Stress Management.
5. Group Support.
6. Clarksburg SDC. Birthdays & member of the month.
7. Editorial my pride in the SDC.
8. Recipes.

LINKS: (1) <http://www.chasoc.org>
(2) <http://www.heartbeats4life.org/>
(3) <http://www.msnbc.msn.com/id/3037964/site/newsweek/>

LINKS: Added above are some internet links. The new Charleston SDC website is excellent with the latest news and a reference to the Clarksburg and Huntington Newsletters. The second link is from a SDC group started in New York over 10 years ago, it is an excellent site. The last link is to the articles published in Newsweek by Dr. Ornish.

VITAMIN UPDATE: Update from our UHC dietitian Jennie Wilkins. From Web MD. Dr. Ornish article on Supplements. Multi-vitamin with vitamin B-12*: 1 per day (*without iron unless your menstruating or iron deficient)

NEWSLETTERS: Some great news this month we have added the Morgantown Newsletter to our mailing list. I want to thank Jeannie Lewis and the Morgantown SDC members for putting together their excellent newsletter. Each person on our mailing list will now be receiving 3 newsletters (Huntington, Morgantown, and Clarksburg) each month with great articles, new updates and great recipes by email.

STRESS MANAGEMENT:

Text by Tim Noworyta
senior teacher at the
Chicago Yoga Center
And the Ornish Handbook.

SHOULDER STAND:

"Sarvangasana literally means "all limbs pose," and that says a lot about what's involved in doing this wonderful inversion. The benefits of sarvangasana are so many it could also be called "The Great Healer." This pose stretches the neck, shoulder and upper back muscles, strengthens the legs and upper body, and opens the chest. It increases circulation to the head and upper chest while draining used blood and toxins from the legs, pelvis and abdominal area. Consequently it helps treat colds, digestive problems, menstrual disorders and respiratory ailments. Shoulderstand stimulates the parasympathetic nervous system, which slows the heartbeat and calms the mind. So it counteracts nervousness, tension headaches and insomnia. And this asana has a special connection with the visuddha or throat chakra, where the thyroid and parathyroid

glands are located. By promoting the balanced functioning of these glands, which control metabolism and hormonal activity, salamba (supported) sarvangasana gives you a calm energy that nourishes body and soul. For this reason, it is known as the "Mother" pose, the Queen of the asanas. Whenever you need a lift, put yourself in this healing inversion and let the Great Mother take care of you."

Remember we only do a modified form in that we do not go into a complete inversion, we only lie on the floor with a pillow under our buttocks to elevate the area, and under the head and neck to bring the chin closer to the chest. Place our feet on a chair or on the wall, but our chin is tucked and we get the same benefits. We should always do a counter pose after our shoulder stand.

"Because shoulder stand compresses the front of the throat and upper chest, it's advisable after you've held the pose a while to do a counter pose to open those areas. Fish pose (matsyasana) is typically done after sarvangasana."

Fish pose brings awareness to the base of the throat and the thyroid gland. Lie on the back and place a pillow under the shoulders so that the edge of the pillow is even with the shoulders. Bend the neck backward. Allow the head to come over the edge of the pillow with the chest well expanded.

"After five to ten breaths, lift the head a bit, tuck the chin, and lower back down to lie flat. Alternatively, you can sit in an easy cross-legged position, place your hands behind your hips with the fingers pointing forward, arch the chest up and stretch the head back. Or you can come into an easy forward bend, place your hands on the shins, and lift the head up as you pull the shoulders back and the chest forward. Because shoulder stand is so calming, it's great to then lie back in savasana (corpse pose), rest, and let the

healing benefits of this soothing pose take effect."

GROUP SUPPORT GOALS: From the Lifestyle Advantage 2001, Highmark 2004 Ornish Handbook.

Dr. Ornish from research studies concludes: "Anything that promotes a sense of isolation leads to chronic stress and, often, to illnesses like heart disease. Conversely, anything that leads to real intimacy and feelings of connection can be healing in the real sense of the word: to bring together, to make whole. The ability to be intimate has long been seen as a key to emotional health; I believe it is essential to the health of our hearts as well"

The goals of group support are:

1. To find ways to connect, to ourselves and to others.
2. To develop empathy; how to value someone else's issues, needs and feelings.
3. To provide a setting in which each person can feel safe, known, accepted, loved and comfortable in expressing themselves.

If you come to group ready to open your heart to yourself, and to the people you are sharing feelings with, then you will get the benefit of the group, and the group will happen for each of you. Being able to connect to each other in the group support sessions is an important beginning. The goal then is to find a way of moving this into every aspect of your life. The point is to be together with other people, to feel comfortable, to listen well, and to feel a part of what is going on. The benefit of that experience is profound.

CLARKSBURG SDC:

On Thursday November 16, the Clarksburg SDC had its Thanksgiving Pot Luck dinner. Please join us in sharing the modalities and a great meeting each week. **Happy Thanksgiving from the Clarksburg BHLC SDC. The Clarksburg SDC will not be having a SDC meeting on Thursday November 23, 2006.**

Happy Thanksgiving!

DID SOMEONE INVITE A TURKEY?

SDC Monthly Birthdays:

Everyone at the SDC wants to wish Larry Massey a Happy Birthday for November 4th. If you see Larry, be sure to tell him “Happy Birthday”

SDC Members of the Month:

Larry (Rabbit) Snider – Graduate of Cohort 6 and member of the Clarksburg SDC (Back to Health and Living Community). Larry is an inspiration to us, he always has positive words of encouragement for us at each meeting. He takes time and plans to be involved with any SDC event.



A few comments from Larry: “The benefits of the program have been outstanding. The four modalities, exercise, stress management, group and the healthy diet. I have enjoyed every part of the program and it has helped me immensely. I would highly recommend the program to anyone that has had a problem with heart disease or anyone who may see a problem in their future because of family history. As a preventive measure the program is very beneficial.

Quote of the Month: *There is not one big cosmic meaning for all, there is only the meaning we each give to our life, an individual meaning, an individual plot, like an individual novel, a book for each person.*

From: Anais Nin.

EDITORIAL: By Larry Massey:

I have to say the same thing I said in the last newsletter, the growth of our lifestyle change is a phenomenal experience.

I want to express my pride in the Ornish Self Direct Communities that are forming and the changes I see in the participants each day. The great ideas that are coming from each community, the websites, the newsletters, the programs and mentoring of others, the connectivity of each of us with others that have heart disease. I see each year a growth in the program that makes me proud to be a part of changing our life style. I am blessed.

RECIPES: Roasted Potatoes & Steak

By: Martha Griffith

5 or 6 medium potatoes

2 or 3 carrots

1 sweet onion

Salt, pepper, garlic powder

1 bag Morning Star Steak Strips

Peel and quarter potatoes, slice carrots, slice sweet onion, enough to fill a 13 x 7 dish, lightly sprayed with Pam. Season with salt, pepper, garlic powder. Do not add any liquid. Cover with foil, bake at 350 for about 1 hour, or until veggies are somewhat tender, uncover and return to oven to finish cooking. You can also add a bag of browned (steak) strips the last 10 or 15 minutes.

Chewy-Chocolate Cookies

By: Martha Griffith

1 ½ c. flour

½ c. sugar

½ c. wonder cocoa

½ t. baking soda

½ t. salt

½ c. light karo syrup

3 egg whites

Spray cookie sheet lightly with Pam. In a large bowl, combine flour, sugar, cocoa, baking soda and salt. Stir in karo syrup and egg whites until blended (dough will be thick and sticky). Drop by teaspoon onto cookie sheet. Bake at 350 degrees for 7-9 minutes or just until set (cookie will be soft when pressed). Do not overbake.