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DATE: December, 02 L32

Clarksburg WV

WEEKLY MEETING BHLC:
FIRST BAPTIST CHURCH NUTTER FORT
219 Maryland Avenue
AGENDA – THURSDAY December 02, 2004

1. 5:00 Exercise
2. 6:00 Stress Management
3. 7:00 Group
5. 7:30 Dinner RUNWAY GRILL

EDITORIAL: In the next few weeks we will continue to 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.

Comfort food for PMS & Menopause. One of the best ways for women to soothe the uncomfortable symptoms that accompany premenstrual syndrome (PMS) and menopause is eating. Unfortunately, giving in to that potato chip, pizza, or chocolate craving doesn't count. In fact, in order to relieve the bloating, irritability, hot flashes, and aches associated with these hormonal changes, you have to trade those carbohydrate-sugar-, and salt-filled treats for a diet of vegetables, whole grains, and especially **SOY**. Next is a list of what to include and what to avoid. **Say Yes To: Soy** – Soy foods provide isoflavones that will ease hot flashes. **Dark-Green, Leafy Vegetables** deliver mood-stabilizing B vitamins. **Whole Grains** provide the fiber needed to excrete excess estrogen. **Beans** contain magnesium needed for alertness and energy. **Flaxseeds** supply anti-inflammatory, cell-building essential fatty acids and lignans that help ease hot flashes. **Citrus fruits and green peppers** contain bioflavonoids, which

mimic estrogen in the body. **Say No To: Caffeine** which brings on mood swings and hot flashes. **Alcohol** dilates blood vessels causing hot flashes. **Red meats** tend to encourage blood clotting and cramps. **Salt** causes water retention and bloating. **Simple carbohydrates** cause mood swings and bloating. **Spicy foods** bring on hot flashes. *Source – Healthsmart Today magazine (fall 2004).*

SDC: Below are the modality results from last week. Next week will be the results from the Thanksgiving Holiday week. **Congratulations on the stress management being above 70%, keep up the good work. Let's try for 75% I know we can do it.**

MODALITY	RESULTS
Exercise	95
Diet	85.5
Stress Management	71.2
Group Support	94.3
Out Side Group Support	90
Not Attending Group	6
Number of Inputs	15

RECIPES: Rice and Beans **From The Kitchen of Betty White**

1-14 ounce box brown rice
1 to 1 ½ can Del Monte tomatoes with basil, garlic and oregano
1-15 ounce can tomato sauce
1 can kidney beans, rinsed and drained

Cook rice according to package directions. Heat tomatoes for 10 minutes. Add kidney beans. Add rice. Serve.