

# Back To Health and Living SDC News Letter



DATE: December 25, 2006 Letter 75

**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. Newsweek Dr. Ornish.
3. Websites.
4. Stress Management winter classes.
5. Another Peanut Butter.
6. Clarksburg SDC. member of the month.
7. Editorial 2006.
8. Recipes.

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

#### NEWSWEEK HEALTH BY DR.

**ORNISH:** Below is the link to the article written in Newsweek, please read this very good article concerning the **latest lipid lowering drug that was taken off the market**, along with HDL/LDL information. Please **rate the article** at the end. The rating is very important to keeping this type of information in the media and where we have easy access to articles by Ornish. As Dr. Ornish has said, "We need to supply as much information to the public as possible to cause change."

<http://www.msnbc.msn.com/id/16268284/site/newsweek/>

**WEBSITES:** The Charleston SDC has just updated their website please visit them at the link below. Contact **Rich Hopkins** [wvisrich@yahoo.com](mailto:wvisrich@yahoo.com) with any questions. 304-342-9858.

This is the best website I have seen.

<http://chasoc.org/>

The Clarksburg SDC has a new website address please check out the site and send me any ideas you may have. I do not have the modality adherence program back in operation to-date. We now have over 122 recipes. <http://clarksburgbhlc.com>.

**HOLIDAYS BLESSINGS:** From all the participants at the Clarksburg Back To Health and Living Community. We would like to wish everyone a very Happy Holiday and many blessings for the New Year.

**HAPPY HOLIDAY AND  
A GREAT NEW YEAR.**



**STRESS MANAGEMENT:** Great news winter yoga classes. If you are not presently in a Yoga class or Stress Management or need some extra. Just contact Elizabeth for addition information or to sign up for a class.

*Namaste Friends,*

*Make a fresh start with yoga in '07! Hope you can join me for some of these up-coming classes. Wishing you good health and peace in the New Year.*

*Elizabeth Connor, RYT*

*Integral Yoga Certified*

*Stress Management Therapist, UHC*

**Momentum Center for the Arts presents...**

**RAJA YOGA**

Saturdays 9 -11 am.

\*Starting January 13th.

*This intensive two-hour class offers in-depth practice of asana (poses), pranayama ( breath awareness), yoga nidra (relaxation), meditation. Plus, each week we will explore a different aspect of yoga philosophy, as taught in the Yoga Sutras of Patanjali.*

Tuition - 72\$/ 5weeks.

Walk-in fee per class -16\$

**Preregister by 1/10 -Discounted Tuition-60\$**

**CALL 623- 0620**

Class meets 1/13, 1/20, 1/27, 2/3, 2/10.

**Doddridge Co. FRN presents...**

**Hatha Yoga**

Mondays 5:15- 6:15pm

...at the Old Smithburg School

\*Starting January 8th!

Tuition - 36\$ / 6 weeks

Second family member discount - 1/2 price!

Class meets - 1/8, 1/15, 1/22, 1/29, 2/5, 2/12.

**The Lake Floyd Community presents...**

**Celebrate Yoga!**

Tuesdays 7:00-8:15

\* Starting January 9th.

*Enjoy upbeat, refreshing vinyasa (flow) yoga to release stress. Then, experience the peace of restorative poses and a guided relaxation session.*

Tuition- 40\$ / 7wks

\*Second family member 1/2 price- 20\$

Class meets 1/9, 1/16, 1/23, 1/30, 2/6, 2/13, 2/20.

**Benedum Civic Center presents...**

**Integral Hatha Yoga**

Wednesdays 6:30 - 7:30pm

\*Starting January 10th. 842-8240

6 wks - 42\$

Class meets 1/10,1/17, 1/24, 1/31, 2/7, 2/14.

\* ...also starting January 10th!

**Pregnancy Yoga and Relaxation**

*Wednesdays at 5pm*

Please call 873-2128 for details, or e-mail your inquires. See you soon!

***"Peace is your nature, don't disturb it" -  
Yoga Sutra 1.2***

**Another Peanut Butter:**

By Jennie Wilkins UHC Health Connection.



**For Your Healthy Lifestyle!**

**Peanut Wonder®** has just 2.5 grams of fat per serving compared to Peanut Butter which has 16 grams of fat per serving. Those concerned with Sodium levels can benefit with low Sodium Peanut Wonder which contains just 95 mgs of Sodium per serving.

## CLARKSBURG SDC:

### SDC Members of the Month:

Sherry Stepp –



A few comments from Sherry: “What I like about the program is the challenge of changing my favorite recipes to be Ornish friendly. I enjoy the Self Directed Community; they have taught me a lot. We have a wonderful time together and a lot of good meals. I look forward to the challenge of staying adherent to the program as I enter stage III of the program. I love all the people I have met in the program. MOTTO: One meal at a time.”

**Quote of the Month:** "When the breath wanders the mind also is unsteady. But when the breath is calmed the mind too will be still, and the yogi achieves long life. Therefore, one should learn to control the breath. "

**Hatha Yoga Pradipika**

### **EDITORIAL:** By Larry Massey:

I would like to reflect on some of the accomplishments I have seen during 2006. I have listed some that came to mind on the next column, I did not elaborate on each item, I only want to be thankful for the hard work that is being done by many people in the Ornish group.

### **During 2006:**

- \* Additional progress with Medicare toward approval of the Ornish program.
- \* Changes in the fast food industry to provide low fat items.
- \* Articles in Newsweek by Dr. Ornish.
- \* The Huntington SDC Newsletter.
- \* The Charleston SDC Website.
- \* The Morgantown SDC Newsletter.
- \* The Video conference with Dr. Ornish in Morgantown.
- \* A 4 week refresher course held at UHC.
- \* Increased connectivity with other SDC's in WV, PA, and NY.
- \* The personal goals I see my friends achieve each day.
- \* From my heart I realize how much I need group and the support of others with my heart condition.

The above items are only a small portion of what happens every day during our grass roots effort to promote a healthy lifestyle change. The accomplishments of PMRI and Highmark BCBS are beyond the scope of this letter.

I am blessed to know the people involved with this program and amazed with the determination that so many individuals will give so much of their time to help others. I believe with all my heart the words of Margaret Mead:

“Never doubt that a small committed group of people can change the world; Indeed it is the only thing that ever has.”



## **RECIPES: Eggless Nog**

**From:** *The cooking cardiologist, Richard Collins, MD. Page 43.*



- 1 quart skim milk
- 1 cup fat-free egg substitute.
- ¼ cup sugar
- ½ cup instant vanilla pudding mix
- ½ tsp. ground nutmeg.

Place all ingredients in a blender, blend until smooth. Chill for several hours. Shake or stir eggnog well before serving.

Serves 10:

## **White Bean soup with Winter Greens**

**From:** Jean-Marc Fullsack, Executive Chef, Lifestyle Advantage.



- 1 bunch fresh kale or chard
- 3 cups vegetable broth
- 1 russet-type baking potato, peeled, diced ½"
- ½ medium yellow onion, chopped
- 2 tsp. minced garlic
- 2 (15 ounce) cans navy beans or cannellini beans
- 1 bay leaf
- 1 tsp. grated lemon zest
- Salt and pepper

Remove and discard tough kale ribs. Bring a large pot of salted water to a boil over high heat. Add kale leaves and boil 2 minutes. Drain in a sieve or colander. Refresh under cold running water. Drain again well. Chop coarsely. In a medium pot, combine broth,

beans, potatoes, onion, garlic and bay leaf. Bring to a simmer and cover, and cook for 15 minutes, or until potatoes are soft. Add chopped kale and simmer 1 minute, uncovered. Season to taste with salt and pepper. Remove the bay leaf. If you would like the soup a little thinner, add water as needed. Stir in lemon zest and serve.

Yield: 8 servings.

## **Shells Stuffed with Spinach and Tofu**

Yield: 4 servings (5 shells each)

### **Cooking Spray**

- 1 ½ cups chopped onions
- 6 cloves garlic, minced
- 1 package (10 ounces) spinach leaves, torn
- ¾ cup finely chopped spinach
- 1 ½ tsp. dried basil leaves
- 1 ½ package (14-ounce size) firm tofu, finely chopped
- 1 ½ cups fat-free mozzarella cheese
- 2 Tbsp. grated fat-free Parmesan cheese
- 20 jumbo pasta shells (6 ounces), cooked until al dente
- Ornish friendly tomato sauce

Spray skillet with cooking spray; heat over medium heat until hot. Sauté onions and garlic until transparent, 3 to 5 minutes.

Wash spinach; add to skillet with eater clinging to leaves. Add parsley and basil and cook, covered, over medium heat until spinach is wilted, 3 to 5 minutes. Remove from heat and cool slightly. Stir in tofu and cheese.

Stuff each shell with about 3 Tbsp. tofu-cheese mixture. Arrange shells in baking pan and spoon tomato sauce over. Bake at 350 degrees, loosely covered, until hot through, 20 to 25 minutes.

Adapted from 1,001 Low-fat Vegetarian Recipes, Sue Spitler, p.353