

Back To Health and Living SDC News Letter



DATE: May 20, 2004 L4

Clarksburg WV

WEEKLY MEETING:

BHLC SDC

**FIRST BAPTIST CHURCH NUTTER
FORT**

219 Maryland Avenue

AGENDA – THURSDAY May 20, 2004

- I. 4:30 Business Meeting
- II. 5:00 Exercise
- III. 6:00 Stress Management
- IV. 7:00 Group
- V. 7:30 Dinner Peking

EDITORIAL: 2004 Nutrition Guidelines Update.

2004 Updated “Fat Free” Food

Guideline: All fat free foods (food with 0 grams of fat per serving) that list Acceptable fats or oils can now be included in the reversal eating style in moderation, regardless of where the added fats or oils fall in the ingredients list. Servings of any foods with trace amounts of added oils are still limited to 0-3 servings per day. By following this serving limit, you will continue to maintain an eating style that is 10% fat.

2004 updated fat free dairy guideline:

All “fat free” dairy products are now acceptable, regardless of the type of fat added. All fat free dairy products are still limited to no more than 2 servings per day, overall fat consumption is minimal and still falls within the reversal nutrition guidelines.

2004 Updated Caffeine Guideline: Any caffeine free product is now acceptable, not just naturally caffeine free products. Examples include products such as caffeine free Diet Coke and caffeine free Diet Pepsi. Decaffeinated coffees and

teas continue to be excluded, including beverages that have been naturally decaffeinated. From the Ornish Nutrition Team. February 18, 2004

SDC:

The Clarksburg SDC will be discussing the yearly election of Officers at this business meeting. Also we will be taking additional suggestions for the yearly SDC meeting and who will host the meeting. We met our goal for March all Modality Adherence figures were all above 80%. We measure success as a journey and not a destination.

UNITED HOSPITAL NEWS:

Cohort 8 has started at the Hospital and anyone in the SDC is welcome to attend a Tuesday meeting to discuss the SDC with the new cohort. Please contact Frank Taylor for details.

RECIPES: Chocolate Pudding with Raspberry Sauce. By: Dennis Malone, MSW, Chef/Dietary Lifestyle Educator, PMRI.

Yield; 4-6 servings.

2 packages Mori-Nu lite, firm silken tofu
Wondercocoa powder, start with ½ cup,
Maple syrup, brown sugar, or sugar
substitute (for fat free), start with 1
tablespoon, 1 teaspoon vanilla or to taste
Salt to taste, Raspberry Sauce.

Place all ingredients in food processor
and blend until smooth and creamy.

Adjust flavorings and ingredients
according to your taste. Garnish with
Raspberry Sauce. Raspberry Sauce:

Combine 2 parts fresh raspberries with 1
part raspberry jam.

COMMENTS: By: Wesley Miller

"Your bypass grafts are totally occluded and your vessels are small and diseased." These were the words that I was hearing as my cardiologist explained the results of my cardiac catheterization. Any further surgical intervention was discouraged. I thought that I had been doing most everything right for my coronary artery disease since my bypass surgery in 1994, but now I was convinced that I was going to die. All this time, I had unknowingly been following a path toward a slow and comfortable demise. While visiting me in ICU, my family practice physician informed me that I had been diagnosed with diabetes mellitus, type II and that he had also referred me to a new program that was soon to be offered by the United Hospital Center. When I heard the phrase, "reversing heart disease", I was interested. My physical condition was already less than desired due to chronic back pain caused by three ruptured disks and Spondylolisthesis with neuropathy in both legs and feet. Walking was difficult and a cane or wheel chair was often needed. The accompanying urinary incontinence wasn't any fun either. Now, with the addition of stable angina, I could not walk to my mail box without experiencing chest pain. In desperation, I banged on the door of the UHC Health Connection, begging to be let into this new program. This was my only chance. I met the criteria ! I was in ! To me, a life style change had meant little more than my indulgent senses determining my behavior. It now means, "a constructive program guiding me to possibilities, by perseverance, for preservation, thus preventing premature death." The Ornish Program's quartet of Diet, Exercise, Stress Management, and Group Support showed me what to do and how to do it. It also created the environment necessary for these

components to become my own and a second nature to me.

As a result; My Ejection Fraction, increased from 45% to 61%. I lost 40 lbs. Triglycerides, down from 819 to 93 Cholesterol, down from 243 to 110 HDL, up from 27 to 38 PSA, down from 4.5 to 3.3 No longer use cane or wheel chair. Doctor has discontinued or reduced medications by 50%

Exercise daily; By the seventh week of the program, I had no chest pain during exercise. Walking range, up from 75 ft. to 2 + miles Stationary bike, up from 0 to 10 miles

Attitude; "Am I going to die? Someday, but not today. I have too much life to live." "The sky is no longer the limit. It has now become the playground for lofty ambitions." The application of the healing process in "Dr. Dean Ornish's Program for Reversing Heart Disease" has prolonged and enriched my life. This program is the first line of defense against heart disease.

COMMENTS: By –Alex Alexander.

On April 29, I had the distinct honor of attending the 5th Annual Cardiovascular Health Conference at Glade Springs Resort. Dr. Dean Ornish presented a power point program entitled "The Power of Lifestyle Changes", which was similar to the brochure we received when we started our 'back to better health' except it was updated. Toni Marascio, and Erin Hunt of the UHC staff attended. We received a wealth of information, but the real highlight of the day was the question and answer session after the presentation involving all of Dr. Ornish's cohorts throughout the state (about 150 members). This was a great chance for everyone to speak to Dr. Dean Ornish in person. I wish you all were there. Jim Yeater a UHC cohort and I had our pictures taken with Dr. Ornish as representatives of the UHC group.