

# Back To Health and Living SDC News Letter



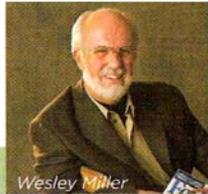
**DATE: May 15, Letter 69**

**Clarksburg WV**

## WEEKLY MEETING BHLC: ST MARK'S LUTHERAN CHURCH

The Church is located at the corner of Route 19 South & Route 98 (Davisson Run Road) Next to the United Hospital Center. (Every Thursday 5:00 pm)

**EDITORIAL:** In this newsletter I would like to show a clip from Better Homes and Gardens the Heart Healthy Living addition. The article is by our President Wesley Miller, a true mentor and example what the Ornish program can do for its participants.



Living Proof:

Plan Reverses His Disease

Wesley Miller had run out of options. After coronary bypass surgery, he developed unstable angina and spent time in the intensive care unit of his local hospital. His cardiologist discouraged additional surgery. "So, what could I look forward to?" Miller says, gesturing to the electric cart he'd taken to using when too short of breath to walk.

His family physician offered a glint of hope. He'd learned that the hospital planned to launch a program based on Dr. Dean Ornish's regimen to reverse heart disease.

Miller's condition bumped him to the top of the list of applicants. To gain a head start, he purchased the book Dr. Dean Ornish's Program for Reversing Heart Disease and

adopted its dietary recommendations, no more meat, no fat.

"When the program started, I still had bouts of angina, but by week seven, it was gone," Miller says. "The way the program is set up is key to how it works. We all talk about 'diet: but not 'reversing heart disease.' Say 'I'm reversing heart disease' when you're in a restaurant and you get a much better response; they rally 'round the flag.'"

The best part about the program, Miller says, is "the more you do, the more you'll be able to do. That's the beauty of it-you improve continually."

As part of the program, Miller learned about stress management and relaxation techniques, some of which seem to go against our achievement-oriented culture, "like taking a warm, relaxing bath," he says. "It's doing things we were never taught to do."

The key element of success, Miller believes, is the group support the program offers. "They do very definite things to engage us to open up and recognize ourselves and what we're capable of doing," he says. "It's that part of the program that draws us to see inside ourselves. Instead of pushing ourselves to death, we learn ways to support ourselves and each other."

The trickle-down effect delights him, too. Miller's two sons have adopted Ornish's preventative program and have seen results. His two sisters also have signed on.

"Each is a heck of a cook, but they're cooking even better with Ornish's fat-free recipes," Miller says of his sisters.

And Miller, who lives in Clarksburg, West Virginia, offers some statistics of his own.

At the start of the program, his triglyceride level was 890; at the end of the first year, it had dropped to 73.

"I'd been taking 16 prescriptions and now I'm down to one," he says. And instead of riding in that electric cart, he's logging eight to 10 miles on his bicycle daily.

### **RECIPES: Sour Cream Cake, By Melvin Graham:**

Beat:

1 ½ c Fat Free Sour Cream

½ c Egg Beaters

Sift:

½ cup sugar

½ cup Splenda

1 ¾ c flour

¼ t salt

1 t baking soda

1/3 c Wonder cocoa

Mix together.

Add 1 t vanilla. Spray 9X9 glass baking pan with Fat Free Pam Baking Spray. Bake at 325 degrees for 45 minutes ( or until tooth pick in center of cake comes out clean).

Frosting:

1c powdered sugar

2 T Wonder Cocoa

1 ½ T Very Vanilla Full Fat Soy Milk (or skim milk)

¼ t vanilla

Mix ingredients till well blended and smooth. Just frost top of cake.

### **Pumpkin-apple streusel muffins By Carol Schweiker:**

1 ¼ cups, plus 1 tbs. Whole wheat flour, divided

1 cup, plus 3 tbs sugar, divided

1 heaping tsp. pumpkin-pie spice

1 tsb. Each ginger and cinnamon

½ tsp baking soda

¼ tsp salt (or none)

¾ cup canned pumpkin (or more by ¼ cup)

¼ cup egg beater or 1 egg white from large egg

¼ cup plain yogurt

1 heaping cup finely chopped apples

¼ tsp cinnamon

1/3 cup oats

½ cup applesauce

heat over to 350 degrees, line at least 8 muffin cups.

In medium bowl combine 1 ¼ c flour, 1 cup sugar, pumpkin-pie spice, baking soda (and salt?)

In a larger bowl, mix together pumpkin, egg, and yogurt. Stir in flour mixture until combined. Stir in apples. Spoon batter into prepared cups, ¾ full.

In a small bowl combine remaining flour, sugar, oats and cinnamon. Add applesauce till mixture is moist and will drop from spoon onto tops of muffin batter.

Bake 20 minutes or until toothpick in center comes out clean. Remember, whole wheat flour is denser than and may bake a bit longer. Cool in muffin pans for 5 minutes, remove to wire rack and cool completely. Muffins are moist and tender.

### **HELPFUL HINT:**

This is for everyone over 50 whose eyesight isn't what it was. This works on 90 % of emails if you use a mouse with the center wheel.

I just found out about this. Thought I'd pass this on. It's very useful when trying to read small e-mail print (especially in the early hours).

If you hold down the Ctrl key on your key board and turn the small wheel in the middle of your mouse, the print size will change - it will either get larger or smaller - depending on which way you turn the wheel.

Pass this on to other friends who may find it very useful....I'm glad I was told.