

Back To Health and Living SDC News Letter



DATE: September 23, 04 L22

Clarksburg WV

WEEKLY MEETING:

**FIRST BAPTIST CHURCH NUTTER FORT
219 Maryland Avenue**

AGENDA – THURSDAY Sept 23, 2004

- 1. 5:00 Exercise**
- 2. 6:00 Stress Management**
- 3. 7:00 Group**
- 5. 7:30 Dinner POTLUCK**

EDITORIAL: By Michael O’Shea.

Breathing Methods used in Yoga.

Slow, deep and rhythmic breathing is the essence of Hatha Yoga, the leading form of yoga in the U.S. Most classes begin with a group of breathing exercises that are preformed while lying on your back or stomach, sitting in a chair or standing upright. You are encouraged to inhale and exhale through you nose (in equal timing) to regulate breathing and to establish an even tempo. “These ‘rules of breath’ can be done and applied anywhere, anytime,” says Mara Carrico, author of *Yoga Journal’s Yoga Basics*.

“Belly breathing” – breathing into and out of the abdomen – is often prescribed for yoga beginners, adds Carrico. Expand your abdomen as you inhale: then contract, or flatten, it as you exhale. Breathe in through the mouth, slowly and consciously. Exhale longer than your inhale to promote relaxation and flexibility.

Our Ornish program is the future and our stress management is a major part of the program. As the article above says our stress management helps us to control our body and our life. Let’s keep it going to meet our goal

of reversing heart disease and having a more relaxed life with less stress. LGM

SDC: Congratulations we achieved a new record of inputs to our adherence program, with 24 Ornish Participants last week. Results were good with stress management averaging 5 hours per week for the group. Just one more hour per week and we will be above our goal of 80%.

Adherence Results Last Weeks Average:

MODALITY	RESULTS
Exercise	86.5
Diet	89.1
Stress Management	71.8
Group Support	93.1
Out Side Group Support	83.3
Not Attending a Group Support	7
Number of Inputs	24

Let’s call an Ornish friend this week and invite them to a meeting. One evening each week has had a major impact on my health and quality of life. You can ask any of our participants and you will get the same answer. Help get others involved, start an SDC in your area. If you need help we are there to help you.

Calendar of Events:

September 23 – The Morgantown SDC will visit the Clarksburg SDC for Thursday meeting along with potluck dinner.

October 9 – Heart walk at RCB.

October 16 – Annual SDC Meeting. Participants from West Virginia and Pennsylvania will be there.

RECIPES: Wilted Leaf Lettuce

From the Kitchen of Shari Walker

Leaf Lettuce

Combine rice vinegar and cider vinegar to taste. Add Splenda and liquid smoke to taste. Can add a little salt and garlic.

RECIPES: Quinoa Salad with Apricots

From the Kitchen of Beth Carlyle

Salad:

3 cups water, 1 cup uncooked quinoa
½ teaspoon salt
4 cups thinly sliced romaine lettuce
1/3 cups dried apricots (about 10), quartered
1/3 cups golden raisins
¼ cup thinly sliced green onions
¼ cup chopped fresh parsley
¼ cup chopped fresh cilantro
2 tablespoons finely chopped fresh mint
¼ teaspoon black pepper

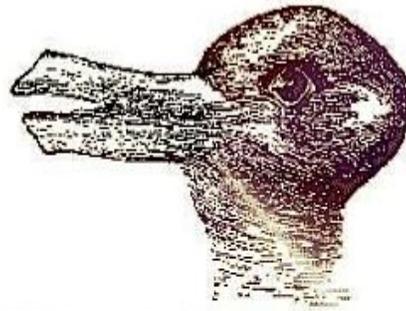
Vinaigrette:

½ teaspoon grated lime rind
3 tablespoons fresh lime juice
2 tablespoons mirin (sweet rice wine) or slightly sweet white wine (such as Riesling)
½ to 1 teaspoon minced jalapeno pepper
¼ teaspoon salt
¼ teaspoon salt
¼ teaspoon ground cumin
¼ teaspoon ground coriander
¼ teaspoon ground paprika

To prepare the salad, combine water, quinoa, and salt in a large saucepan. Bring to a boil; reduce heat, and simmer 15 minutes. Drain the quinoa mixture through a sieve over a bowl, reserving 3 tablespoons cooking liquid. Combine quinoa mixture, lettuce, and next 8 ingredients (lettuce through black pepper) in a large bowl; set aside.

To prepare the vinaigrette, combine reserved 3 tablespoons cooking liquid, lime rind, and remaining ingredients in a bowl, stirring well with a whisk. Pour vinaigrette over quinoa mixture, and toss well to coat.

ILLUSIONS: Some items to take your mind off everyday things.



A Rabbit.... Or A Duck?

hint: the duck is looking left, the rabbit is looking right



A Face Of A Native

American... Or An Eskimo?

Look at the chart and say the COLOUR not the word

YELLOW BLUE ORANGE
BLACK RED GREEN
PURPLE YELLOW RED
ORANGE GREEN BLACK
BLUE RED PURPLE
GREEN BLUE ORANGE

Left - Right Conflict

Your right brain tries to say the colour but your left brain insists on reading the word.

This is our 22nd newsletter and I may be running out of material, please email me any Ornish news or news from your SDC. Or any article you would like printed.

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