

# Back To Health and Living SDC News Letter



**DATE:** March 1, 06, Letter 67

**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 review some good information and change to the program. I am sure you have received this update but I want to be certain. Also enclosed is some excellent information provided by Max Weaver and a new Stress Management class at UHC.

## CLINICAL UPDATES

M.Janco/Antonella Dewell

Fish Oil Position Paper – New

“recommendation” revision Feb. 2006

- Antonella, PMRI Staff RD for Dr. Ornish was present to provide rationale and discussion regarding omega-3 recommendations and differences.
- Dr. Ornish has decided it is more clear and simple to continue recommending 3 grams of omega-3 fatty acids/day via fish oil capsules, which, with most supplements, amounts to approximately 1,000 mg of EPA+DHA (in accordance with the AHA recommendation).
- Dr. Ornish has also decided that the recommendation should be consistent for both men and women. Because omega-3 fatty acids from fish oil are more bio-available than those from flaxseed. **Women are to take 3 grams of fish oil capsules (no cholesterol) and eliminate flax recommendation.**

- There are no contraindications for female participants to continue taking flaxseed supplements until their capsule supply is used up.
- Fish oil supplements should be cholesterol-free. Cholesterol free is defined as : less than 2 milligrams (mg) and 2 g or less of saturated fat per serving. Source: <http://www.cfsan.fda.gov/~dms/fdheart.html> (toward the bottom of the web page).

Please contact your dietician if you have any questions.

## STRESS MANAGEMENT FOR ORNISH ALUMNI:

Starting March 7th, 2006

Tuesdays 6-7 pm

UHC Classroom B

Registration Fee - 6 weeks - \$42

12 weeks- \$75

Contact - Elizabeth Connor, RYT - Stress Management Specialist at 624-2935

Take advantage of this opportunity to connect with fellow Ornish alumni and support each other with your on-going adherence to a heart healthy lifestyle! Enjoy these guided sessions and jump-start your Stress Management practice.

## BY MAX WEAVER:

Any other tea lovers out there? After lots of scrounging around, I found a few things that I think are good.

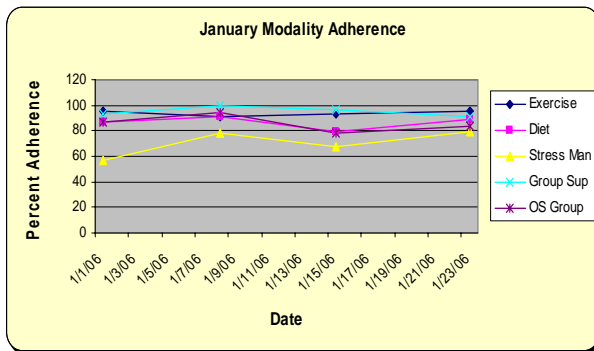
Celestial Seasonings makes a "Caffeine-Free

Tea"--an herb tea--that tastes much like black tea; it contains "natural tea flavors" but no caffeine. The Celestial Seasonings line is pretty widely available in both health food stores and regular grocery stores. Several of our old group drinks it.

Anyone who read Alexander McCall Smith's "The No. 1 Ladies' Detective Agency," set in Botswana, will remember the characters sitting around drinking "bush tea." This tea is made of rooibos leaf and is naturally uncaffeinated. It doesn't taste like Chinese tea, but has a spicy flavor that I've developed a taste for. The Republic of Tea markets it as "Red Tea." Anyone who likes chai will probably like Yogi Tea's "Redbush Chai," which with Splenda and non-fat half and half is a real winter treat. Happy sipping!

**SDC:**

**Modality Adherence** The chart below shows the month of January and the adherence recorded to each modality. Notice the stress management shows a positive jump after the first of the year.



Below is a table showing the average weekly adherence for the month.

Exercise	93.37%
Diet	86.47%
Stress Management	70.42%
Group Support	95.15%
Outside Group	85.60%

**RECIPES: Soy Burgers**

By: Mary Mutschelknaus

- 1 pkg. Smart Ground ( By- LIGHTLIFE)
- 4 egg whites
- 1/3 c. oats
- 1 med. Onion
- onion powder (to taste)
- garlic powder (to taste)
- 1/3 c. catsup

Mix Smart Ground until crumbly  
 Saute onion - add to mixture  
 Add all other ingredients and mix well  
 Shape into burgers- brown on both sides in stick-free skillet that has been sprayed with Pam.  
 Cover and let simmer (very low heat) around 5-7 minutes.

**Convenience Vegetable Soup**

- 3 cups tomato or V8 juice
- 5 cups water
- 32 oz. mixed frozen vegetables.
- 10 oz. frozen chopped spinach
- 10oz frozen baby lima beans
- 14 1/2 oz can chopped tomatoes
- 1 lb can kidney beans
- 1 tb. onion flakes (or powder)
- 1/2 tsp. dried thyme
- 1 1/2 tsp dried basil
- 1/4 tsp. garlic powder
- 1 tb. each Balsamic vinegar and lite soy sauce.

In a large soup pot, combine all ingredients except vinegar and soy sauce. Bring to a boil over medium heat, stirring occasionally. Cover, reduce heat to medium-low and simmer 30 minutes. Add 1 tablespoon Balsamic vinegar and 1 tablespoon Lite Soy Sauce and the soup is ready to serve.

**Please email me any of your recipes. Thank you.**