

# Back To Health and Living SDC News Letter



DATE: July 15, 2006 Letter 70

**WEEKLY MEETING BHLC:**  
FIRST BAPTIST CHURCH OF NUTTER  
FORT. 5:00 pm each Thursday.  
219 Maryland Avenue. Nutter Fort, WV.

#### ARTICLES:

1. New meeting location for Clarksburg SDC.
2. Ornish Update. (**Please read**)
3. Editorial Larry Massey.
4. Morgantown Triathlon.
5. Quote of the month.
6. Recipes and Jokes.

## CLARKSBURG SDC MEETING

**LOCATION:** The Clarksburg SDC has moved to a new location at the First Baptist Church of Nutter Fort. Directions are: From I-79 take exit 119 to Clarksburg. Go west on U. S. 50 till you come to Joyce Street exit, which is State Route 20 South. Turn left on Route 20 and count 4 stoplights. Just before the fifth stoplight, Maryland Avenue will be on the left after the BC Bank. The church is on the left two blocks down. We are moving to expand the SDC and have additional room and cooking space for additional members. For any additional information please contact myself or Dan Webster [rcx2x2@aol.com](mailto:rcx2x2@aol.com).

## ORNISH UPDATE:

By Marlene Janco:



TO: Ornish Participants &  
Ornish Self-Directed Communities  
FROM: Highmark Preventive Health  
Services, Dr. Dean Ornish &  
Preventive Medicine  
Research Institute

## Clarksburg WV

DATE: June 13, 2006  
SUBJECT: New Recommendation For  
The Use of Fish Oil  
Supplements In Individuals  
with Congestive Heart  
Failure, Angina (chest pain)

As science continues to make advancements in the area of nutrition supplementation and heart health, Dr. Ornish periodically updates his Program recommendations to reflect these advancements. Recently Dr. Ornish and the Preventive Medicine Research Institute issued a new recommendation regarding the use of fish oil supplements (omega-3 fatty acids) for individuals who have recurrent angina, congestive heart failure, or evidence that the heart is not receiving enough blood flow when exercising.

### New Findings

Recent investigations from the pioneer in omega-3 fatty acid research, Dr. Alexander Leaf, at Harvard Medical School, have found that, in some cases, omega-3s can be harmful in people who have angina (chest pain) or congestive heart failure. One of the reasons omega-3 fatty acids may decrease the incidence of sudden cardiac death is that they stop those cardiac cells that are the most unstable from functioning. However, in people who have angina or congestive heart failure, removing those cells from functioning can reduce the heart's ability to pump blood so much that it may *increase* the risk of sudden cardiac death.

**New Recommendation:** Dr. Ornish advises individuals who have recurrent angina,

congestive heart failure, or evidence that the heart is not receiving enough blood flow when exercising *not to take omega-3 fatty acids* (fish oil).

However, individuals with heart disease, or those who had a heart attack but do not have angina or congestive heart failure, are advised to continue taking 3 grams of fish oil daily.

Studies have shown that daily consumption of omega-3 fatty acids in these individuals have multiple health benefits. These benefits include the dramatic reduction in the incidence of sudden cardiac death, the reduction of triglycerides, the lowering of blood pressure and the decrease of inflammation. Fish oil can also help to prevent excessive blood clots from forming which, in turn, may decrease the risk of a heart attack (1). As with any recommendation, each individual should discuss how this information relates to his or her health condition with his or her personal physician.

## References

1. Kris-Etherton PM, Harris WS, Appel LJ. American Heart Association Nutrition Committee. Fish consumption, Fish oil, omega-3 Fatty Acids, and cardiovascular disease. *Circulation* 2002;106:2747-2757.
2. Alexander Leaf. Prevention of Sudden Cardiac Death by n-3 Polyunsaturated Fatty Acids. In Press

Please check with your Ornish Program Director and your Doctor before changing any of you medications or program changes to make sure they are right for you. Larry

**EDITORIAL:** By Larry Massey: **How** time fly's, I am now in my 7<sup>th</sup> week of the Ornish Program. I want to update everyone on my progress and feelings after 7 weeks. I said in the last newsletter that I was running

on a couple of flat tires, well I am excited to say I am now cruising down the highway on four good tires. By taking the Ornish program again, I am learning so many things that I did not get from my first 9 months. I guess I could relate it to a pregnancy / and pregnant again. This new birth or continual life style change is always evolving to help us reverse heart disease. The four modalities are so much better the second time around. During the next few newsletters I will say a few words about each modality.

Let's talk about stress management, during the last four years stress management has pulled me through many trying times. Now I find that I have only touched the surface of what stress management can do for me each day. When I was a participant in cohort one, I missed what stress management can really do for me, being a numbers and procedure type person I was only listening to the correct movement and how to rest. This second time around is unbelievable I can concentrate on how the poses will help certain parts of the body. And why I should do things in a certain way, like always stopping the alternate nostril breath on the left side. I am finding that the shoulder stand after a long drive, by lying on the floor and just putting my feet on a chair really helps my back. I also found with some additional investigation that some poses can improve your sexual wellbeing.

At present I am listening and not just learning how to move into the poses and better use of the breathing techniques. I now use my stretches as needed each morning, and my relaxation each night, but most important to me is the breathing. I use the deep breathing (three part breath) many times every day, and it has really helped me during some stressful situation in my work. I thank God for my second opportunity to repeat the program, and grow in my ability to complete my lifestyle change for the rest of my life. I would recommend a repeat or partial program to everyone that may be running on a flat tire.

## MORGANTOWN TRIATHLON:

By Jeannie Lewis:

The MedExpress Mountaineer Triathlon featured a 1.2-mile swim in the Monongahela River, a challenging 56-mile bike ride through the challenging hills of Monongalia County and a 13.1-mile run in and around the city of Morgantown and West Virginia University. A final sprint lead the participants towards the finish line in downtown Morgantown.

The feature story here is one of the Morgantown SDC members **Mr. Roy Cline** competed in the triathlon. This shows the power of the Ornish Life Style Change. The pictures below are of Roy. We are all proud of him and his accomplishments. Great job Roy.

Pictures by Tom Sloane and Jim Lewis, Jeannie Lewis and JoAnn Hammond along with others cheered Ron on along the race.



## Quote Of The Month: Opportunity

– Some people dream of success ...  
While others wake up and work hard at it.

## RECIPES: By Jeannie Lewis:

### Broccoli in Soy Cheese Sauce

1 head broccoli (about 1 pound)

Soy Cheese Sauce:

- 1 tsp cornstarch
- 2 TBS water
- 1 Cup plain 1% soy milk
- 6 ounces nonfat mozzarella-style or jack-style soy cheese (grated about 3/4 cup)
- 1 tsp granulated onion
- 3/4 tsp turmeric
- 1/8 tsp grated nutmeg
- dash cayenne, if desired

To make broccoli:

1. Preheat oven to 350 degrees. Place a large sauce pan of water over high heat and bring to a boil.
2. Cut most of stems from broccoli, leaving about 2" of stem attached to florets.
3. Add broccoli to the boiling water and cook for 2 minutes, uncovered.
4. Drain water all at once and run cold water over the broccoli to stop the cooking process. Add several ice cubes to the cooling water.

To make soy cheese sauce:

1. Dissolve the cornstarch in water.
2. Place soy milk, cheese, granulated onion, turmeric and nutmeg in a saucepan and bring to a boil stirring frequently. Turn heat down to a simmer, continuing to stir frequently until cheese is melted.
3. Stir cornstarch mixture. Add to sauce, increase heat to medium and stir constantly until sauce thickens.
4. Remove pan from heat and season sauce with cayenne, if desired.

To assemble:

1. Place broccoli in a baking dish and cover with cheese sauce.
2. Cover baking dish with foil.
3. Bake in preheated oven until broccoli is hot and sauce is bubbling, about 15 to 20 minutes. (This can be done more quickly in the microwave).
4. Serve over split fresh baked potato.

Yield: 6 1/2 cup servings

Per serving: 123 Calories, 016g Fat, 01g Saturated Fat, 0g Cholesterol, 10.9g Protein, 12g Carbohydrate, 3.3g Fiber, 276 mg Sodium.

### **Coleslaw**

1/2 head green cabbage  
1/2 head red cabbage  
2 large carrots, peeled  
(I used a bag and a half of prepared slaw mix instead of the first three ingredients)  
1/2 cup water  
1/3 cup low-fat silken tofu (about 2 1/2 ounces)  
3 TBS sugar (used 2 TBS Splenda and 1 TBS sugar)  
3 TBS onion flakes  
2 TBS white vinegar  
2 tsp Dijon mustard  
1/8 tsp salt  
1/8 tsp black pepper  
1/4 tsp celery seed

1. Shred red and green cabbage and the carrots. Toss.
2. Blend water, tofu, sugar, onion flakes, vinegar, mustard, salt and black pepper in blender till smooth.
3. Sprinkle celery seed over cabbage and carrots. Pore on dressing and toss vegetables to coat.
5. Allow coleslaw to marinate for at least 20 minutes.

Yield 6 1 cup servings

Per serving: 66 calories, 0.5g fat, 0.1g saturated fat, 1g Cholesterol, 2.6g Protein, 15g Carbohydrates, 3.6g Fiber, 88mg sodium

### **JOKES:**

#### **Reasons not to mess with children.**

The children were lined up in the cafeteria of a Catholic elementary school for lunch. At the head of the table was a large pile of apples. The nun made a note, and posted on the apple tray: "Take only ONE -- God is watching." Moving further along the lunch line, at the other end of the table was a large pile of chocolate chip cookies. A child had written a note, "Take all you want. God is watching the apples."

A Kindergarten teacher was observing her classroom of children while they were drawing. She would occasionally walk a round to see each child's work. As she got to one little girl who was working diligently, she asked what the drawing was. The girl replied, "I'm drawing God." The teacher paused and said, "But no one knows what God looks like." Without looking up from her drawing, the girl replied, "They will in a minute."

One day a little girl was sitting and watching her mother do the dishes at the kitchen sink. She suddenly noticed that her mother had several strands of white hair sticking out in contrast on her brunette head. She looked at her mother and inquisitively asked, "Why are some of your hairs white, Mom?" Her mother replied, "Well, every time that you do something wrong and make me cry or unhappy, one of my hairs turns white." The little girl thought about this revelation for a while and then said, "Momma, how come ALL of grandma's hairs are white?"