

# Back To Health and Living SDC News Letter



**DATE: August 15, 2006 Letter 71**

## Clarksburg WV

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

We had exercise, stress management, group, and dinner with the 12 week graduation after dinner. A picture of the SDC participants, staff and the 3 participants from Cohort 15 is shown below.

### ARTICLES:

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## 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).

### SDC Member of the Month:

**Dan Webster** – Vice President of the Clarksburg SDC (Back to Health and Living Community)



## CLARKSBURG SDC:

**Cohort 15:** On Thursday August 3, 2006 the BHLC Clarksburg SDC held a potluck dinner for Cohort #15, who just finished their first 12 weeks. It was a great evening with all 4 modalities being completed as done each week by the SDC. This way the new Cohort could see exactly how the SDC meetings are held each week.

A few words from Dan. "I am from cohort 10; I am coming up on two years on the program and a member of the SDC. The SDC keeps me straight and gives me a basis to

hold on too. My daily activities are I get up in the morning and walk 3 miles and come back and do an hour of yoga. Then go to work. I try to be a 100% Ornish and very fortunate that my wife cooks for me and eats Ornish also. She did not have to go through the program, but she has lost as much weight as I have, it has been good for both of us.

I do not know where I would be today without the Ornish program. I have a terrible history of heart disease in my family. I have had some problems and I am 100% for the program and it has certainly helped me.”

**SDC Modality Adherence for July 2006:**

The information shown below is taken from our online pole of participants. Please continue to let us know how you are doing by clicking on the website link below and filling out the simple form so we can keep track of modality adherence for the SDC participants. <http://www.equipmenthealth.com/Clarksburg.htm>

The stress management adherence is the best we have on record, great job in reversing heart disease.

MODALITY	RESULTS
Exercise	96.4%
Diet	89.7%
Stress Management	86%
Group Support	96.2%
Out Side Gr Support	89.3%
Not Attending Group	6
Number of Inputs	28

**Quote Of The Month:** Motivation – The question should be, is it worth trying to do, not can it be done.

**CHARLESTON SDC WEBSITE:**

I am very proud of the Charleston SDC, I received an email from Rich Hopkins to Gary Mankin (Huntington SDC) about what they are doing with their website. The email is below with the website address, please visit the link below, it is an excellent website and well prepared with a lot of great information. I feel the virtual email group is an excellent idea. His email reads – “Rich Hopkins here from the Charleston Area Ornish Connection SDC, and graduate of CAMC Program Cohort #9 six months ago. I have been attending the SDC for just about a year now and am VP of the group.

I like your newsletter and enjoyed reading it. I see it as a valuable service to your community and hope you continue with it.

We are getting better organized ourselves recently and have begun a virtual email group that helps us stay better connected. And just last week we launched our new website. We are very excited about the possibilities of it, although we have a long way to go to "fill it out" with quality content. Check it out if you wish at [www.chasoc.org](http://www.chasoc.org) .

Realizing that your newsletter is for your community and I'd honor that, it would be nice to offer it to my SDC. Are you willing? I find it interesting to view what other groups are doing and I think that some of our community would be likewise interested, not to mention benefit from reading it.

I'd also like to build some community amongst us, Clarksburg, Huntington, Wheeling and etc. -- all the SDC's in the state. We may not be able to get together much, but we sure have a lot in common and I'd like to see if we can draw on those commonalities to build a consolidated community. Not really to change anything about any of the groups, but to tie us together in a way that might strengthen us by virtue of our common interests.

If you have some interest, I'll contact Larry Massey from Clarksburg, who shared your newsletter with me. That should be a fairly good start. I'm sure we can find the others through the Pittsburgh connections.”

**EDITORIAL: By Larry Massey: I just completed my first 12 weeks of the program.**

I want to update everyone on my progress and feelings after 12 weeks. I am feeling great this has really been a great experience and blessing for me to go through the program again. I am learning so many things I did not retain from Cohort 1. I had a small problem last week. I tried to overdo the exercise and my heart skipped a few extra beats. Do not try this on a mentally stress full day. I normally have PVC's (premature ventricular contractions) but not two or three together. Erin and Annette reacted quickly and called my doctor. I had a Stress Echo and my cardiologist did not see any problems. I will watch my future exercise level on stressful days. As a wise woman (my wife) has said many times “use a little common sense”.

**Alternate nostril breath:** I like detail and want to express my feelings about the alternative nostril breath. I did not like this exercise for the last 4 years (and I did not do it) and did not see any rational reason to do the strange exercise. I have now found the reason from Elisabeth why we should do the exercise. The following information is from the internet, the first part from the medical portion and the second portion from different Yoga sites. I now do the alternative nostril breath each day. *This important information was explained to me by our Stress Management instructor Elisabeth Connor.* I missed these important facts the first time I completed the course.

**Breathing** through the left nostril stimulates the right brain hemisphere and intensifies the functions of the parasympathetic nervous system. This is connected with a slowing-

down of the heart rate and consequently greater stroke volume of the heart (greater amount of blood is pressed out of the heart per beat, as a consequence of lower heart rate).

Breathing through the right nostril stimulates the left brain hemisphere and the sympathetic nervous system. This results in accelerated heart rate, higher blood pressure, greater consumption of oxygen by the body cells and constriction of the blood vessels of the skin, thus preserving body temperature.

Using the alternate nostril breath provides the needed balance to our mind and body. Ending each practice with an exhale on the left side relaxes our body.

The information below is from the internet and not from Highmark Preventive Health Services, or Dr. Dean Ornish & Preventive Medicine Research Institute

### **The Scientific Confirmation of Alternate Nostril Breathing**

Medical science has recently discovered the nasal cycle, something that was known by the yogis thousands of years ago. Scientists have recently found that we don't breathe equally with both nostrils, that one nostril is much easier to breathe through than the other at any particular time and that this alternates about every three hours. The yogis claim that the natural period is every two hours, but we must remember these studies were done on people who do not have an optimum health level.

Scientists also discovered that the nasal cycle corresponds with brain function. The electrical activity of the brain was found to be greater on the side opposite the less congested nostril. The right side of the brain controls creative activity, while the left side controls logical verbal activity. The research showed that when the left nostril was less obstructed, the right side of the brain was predominant. Test subjects were indeed

found to do better on creative tests. Similarly when the right nostril was less obstructed the left side of the brain was predominant. Test subjects did better on verbal skills.

Medical science has not quite caught up with the ancient yogis yet. The yogis went one step further. They observed that a lot of disease was due to the nasal cycle being disturbed; that is, if a person breathed for too long through one nostril. To prevent and correct this condition, they developed the alternate nostril breathing technique. This clears any blockage to air flow in the nostrils and reestablishes the natural nasal cycle. For example, the yogis have known for a long time that prolonged breathing through the left nostril only (over a period of years) will produce asthma. They also know that this so-called incurable disease can be easily eliminated by teaching the patient to breathe through the right nostril until the asthma is cured, and then to prevent it recurring by doing the alternate nostril breathing technique. The yogis also believe that diabetes is caused to a large extent by breathing mainly through the right nostril.

The autonomic nervous system regulates bodily functions and the activity of specific organs. As examples, the ANS plays a role in the diameter of blood vessels, heart rate, force of contraction of the heart, diameter of the pupils, salivation, perspiration, bronchiole diameter, peristaltic movements in the intestine, sphinctor diameter, erection, ejaculation, and parturition.

Although the bodily functions that the ANS regulates are typically portrayed as being involuntary, they are not completely outside our awareness, and some schools of thought believe that one's state of mind impacts the functioning of the ANS. It remains open to debate whether the term 'involuntary nervous system' is a precise description of the ANS. Many autonomic functions are beyond conscious control, but others are impacted

voluntarily including the sphincters in urination (micturition).

The autonomic nervous system is divided into subsystems: the sympathetic (SNS) and the parasympathetic (PNS) nervous systems. The SNS and PNS often have opposing effects in the same organs or physiological systems, and the ANS is a major factor in homeostasis.

The SNS is frequently referred to as the "fight or flight" system, as it has a stimulating effect on organs and physiological systems. For example, the SNS constricts blood vessels feeding blood to the GI tract and skin, while dilating skeletal muscle and lung blood vessels. Bronchioles also dilate allowing more oxygen to be exchanged at the lungs. At the same time, the SNS increases heart rate and contractility of the heart. This vastly increases blood flow to the skeletal muscles and diverts blood away from organs such as the GI tract which are not important during the "fight or flight" response. Sympathetic nerves also dilate the pupils and relax the lenses, allowing more light to enter the eyes and enabling one to see further.

The parasympathetic nervous system has sometimes been called the "rest and digest" response. The PNS slows and relaxes many functions of organs and body systems. For example, the PNS will dilate blood vessels to the GI tract, while slowing the heart beat and decreasing the force of the heart's contractions. These effects help to lower the metabolic strain on the body, resulting in energy conservation. The PNS can divert blood back to the skin and the gastrointestinal tract. Increased blood flow to the GI tract aids digestion. The PNS also constricts the bronchioles when the need for oxygen has diminished. During accommodation, the PNS causes the constriction of the pupils and lenses. The PNS stimulates salivary gland secretion, and accelerates peristalsis, so although the PNS generally has a calming

effect on the body, it does stimulate activity too.

This was a lot of information, but think about it in your every day practice.

## **RECIPES:**

### **Fat Free Chocolate sauce.**

**BY: JoAnn Hammond -**

3/4 Cup Granulated Sugar

1/4 Cup Wonder Cocoa

1 TBS plus 1 tsp Cornstarch

1/2 Cup Fat Free Evaporated Milk

1 tsp Vanilla

1. Mix dry ingredients in small sauce pan. Add milk slowly while stirring.
2. Cook over medium heat, stirring constantly until sauce is thickened. Cook for 2 minutes longer, continuing to stir.
3. Remove pan from heat and add Vanilla.

Delicious served over Kroger's Fat Free Vanilla Ice Cream.

### **Elin's carrot soup.**

**BY: Bill Reger-Nash, Ed.D**

3 onions chopped

3 stalks celery

3 cloves garlic, finely chopped

9 cups broth or water (if water, use vegetable cube for flavoring)

4 lbs carrots, peeled and chopped

3" fresh ginger, peeled and cut into thin slices (can be purchased already prepared-we like using a lot!)

1.5 tsp red pepper flakes

2 T fresh lime juice

4 T reduced-sodium Tamari

7+ T peanut butter (we have used as many as 10-12 T, depending on how rich we feel)

2-3 T sugar or splenda optional

1 T sesame oil

3 C skim milk optional

salt optional

fresh ground pepper to taste

Steam onions, celery, and garlic until soft  
Add remaining water (broth), carrots, ginger,

and red-pepper flakes. Bring this carrot mixture to a boil, then simmer covered until carrots are tender (20-30 minutes).

In a blender, puree carrot mixture, lime juice, tamari, peanut butter, sugar, optional skim milk, and sesame oil.

Serve hot or cold.

## **JOKES:**

### **STRESS**

I am not sure exactly how it works, but this is amazingly accurate. Read the full description before looking at the picture.

The picture on the last page has 2 identical dolphins in it. It was used in a case study on stress level at a large teaching hospital.

Look at both dolphins jumping out of the water. The dolphins are identical.

A closely monitored, scientific study of a group revealed that in spite of the fact that the dolphins are identical; a person under **stress** would find differences in the two dolphins. If there are many differences found between both dolphins, it means that the person is experiencing a great amount of stress.

**Look at the photograph on the next page and if you find more than one or two differences you may want to consult your stress management professional.**

