

# Heartbeats for Life!

*Support for your healthy life: diet - exercise - relaxation - social interaction*

A Dr. Dean Ornish Community

2004/2005

**SIMPLE, NOT EASY----** That's the short answer we give when asked, "How difficult is it to follow the Ornish program for reversing heart disease." The program itself is simple, but requires changing old habits. Habits are like comfortable and familiar old friends we don't want to give up. But when we tell you that the Ornish program is not easy it's worth thinking about the alternatives.

If you've been diagnosed with heart disease or have had a serious heart incident, it means that your heart's blood flow has been seriously reduced. The most common means used to restore normal blood flow is to open the affected arteries with angioplasty or replace them with by-pass surgery. As you might guess, neither of these treatments is simple, easy or without risk. However, both are wonderfully effective in quickly restoring the heart's normal blood supply. There is, however, this downside: without a lifestyle change or a lifetime use of drugs, these blockages are likely to reoccur.

As much as we might wish, there is no "magic pill"---no quick and easy way to correct the condition of heart disease. But there is a way to reverse heart disease without the trauma and risks of the invasive methods and without the use of drugs. That way is through the method developed by Dr. Ornish as summarized in the column on the right. It's a well-proven and simple program. But it is hardly easy for it requires a certain amount of resolve and self-discipline to replace a lifetime of harmful habits with others that are unfamiliar. Yes, adopting the Ornish approach is not easy, but it is simple and the rewards are great. Here are some helpful hints and ways to get started.

**Diet:** Food concerns are a good part of our life, so start there. For most, meat and fatty treats are what draw us to the table, so going to a low-fat, vegetarian diet is a major change. If you are tempted to try it by making small changes the chances are that you will fail. This is a case where the best approach is to go (forgive the expression) "cold turkey." By going to the Ornish diet immediately, you will within as soon as a week or two see results. You will feel better and have lost some of weight!

**Exercise:** This is part is easy-- just a brisk 30-minute walk around your neighborhood or at the nearest mall (just don't make lots of stops to check out bargains!) each day.

**Stress reduction:** You may be unfamiliar with yoga and meditation, but these are great ways to relax and reduce stress. Check the article on the last page to find out more.

**Social support:** That's something our meetings offer. In addition we have several small groups you can join. Check out Dr. Ornish's book, "Love and Survival" for more on this subject. You can sign out the Heartbeats loaner copy. There is, of course, much more that you can do, but just this much will get you started on reversing heart disease.

## **BE KIND TO YOUR HEART--RELAX!**

Stress is recognized as a major cause of coronary heart disease. Our emotions play a part in causing stress. When we feel angry, sad, worried or lonely, these emotions cause physiological and chemical changes in the body. They cause contraction of muscles, a speedup of metabolism, heart rate, and breathing, constriction of arteries, and quickened clotting of blood. A certain amount of stress is normal in modern life, but is harmful when it becomes chronic. Its important to recognize and prevent it by learning how to relax and manage stress.

Many of the stress-management techniques used today are based on yoga, but are known by many other names, such as meditation, awareness, relaxation response, and mindfulness. Yoga, it should be mentioned, is not a religion, nor is it based on one. But whatever it is called, don't be put off because it sounds too exotic, mysterious or religious for it is a powerful and proven method for managing stress.

Awareness is the first step in a stress-management technique. This is why almost all methods focus on shutting out our constant stream of busy thoughts to quiet the mind. This allows us to become more aware of our body, feelings and our surroundings. And it calms us. It's not possible to go into detail about all the techniques used to manage stress, but there are many books that you can find in your local book store or library. A few that are available in our library are listed in the insert of this newsletter. These techniques fall into two types: passive that requires just a quiet use of the mind, and active, involving the body in stretching or motion exercises. Choose whichever type feels right for you, or even a combination of techniques. However, whichever method you use, it is extremely important that you be committed and do them consistently each day. Patience is important too for their effect will be gradual and barely noticeable at first. Choose a time and place that is most convenient for you. It need be only fifteen minutes, but again, keeping a consistent schedule is important. Here are some of the relaxation or stress-reduction techniques you can explore:

*Active Methods:* Yoga. This comes from a Sanskrit word meaning to bring together, unite, to make whole. There are many forms of yoga, but a common one is hatha yoga, which is a system of stretching and breathing exercises to balance body and mind. Other active methods are Tai Chi, Qi Gong, and Pilates. Each can be done at a comfort level suitable for your physical ability and condition.

*Passive Methods:* Meditation became quite popular in the mid-seventies when Transcendental Meditation or TM was all the rage. But meditation techniques are fairly generic and simple. Mostly they involve sitting quietly, comfortably and upright, and focusing on a sound, image

or our own breathing to the exclusion of all other thoughts. Any intruding thoughts are not judged, but gently pushed aside. Other passive methods include visualization, guided imagery, and progressive relaxation. Some of these methods can be done at work, home, or even in some public places. Others may require a quiet time and place.

### **ITS NOT YOUR MOTHER’S (OR FATHER’S) SUPERMARKET**

We are blessed with great supermarkets in this area, among which Wegman is one of the best. And Tops is another good one. But there’s more, and they offer different and sometimes exotic food you can’t find with the “big guys” and their more traditional offerings. Here are some, and they often are the only source of some great Ornish-friendly foods.

Lorie’s Natural Food Center 900 Jefferson Rd. -- Lorie’s belongs at the top of our list if only because its already a popular stop for many of our members. It offers organically grown produce, vitamins and many healthy type prepared foods.

Abundance Cooperative Market 62 Marshall Street -- Abundance is a cooperative that offers benefits to its active members. But its open to all. Like Lorie’s it offers many healthy fresh and prepared foods.

The following markets are for the adventurous for they will offer a great variety of foods including many you may not have heard of. But many Asian foods are low fat and plant based and worth trying.

Lee’s Oriental Foods 900 Jefferson Rd.

Asia Market 3047 West Henrietta Road

India Market 3259 Winton Road South

Rochester Oriental Foods and Groceries 228 Monroe Ave

### **THE FOURTH LEG OF THE PROGRAM**

*“Before I built a wall I’d ask to know*

*What I was walling in or walling out.”--Robert Frost*

By our nature we are social creatures. For many reasons we have a need for others in our lives. A lack of social support has been shown to cause stress which has been shown to be a leading cause of heart disease. Until that was discovered support groups were thought to be simply a way of motivating each other. And our groups are for that as well, and that is one purpose of our monthly general meetings. But our small groups are much more than that; they are another means of opening our hearts. We do this by sharing our feelings, our concerns and our fears. That’s not easy to do. It requires a trusting and safe environment. That is best done in a small groups setting where its members can more easily get to know each other. Size matters. It allows all to participate more fully. Comfort level matters to provide a feeling of safety and intimacy that allows the free expression of opinions and feelings. Our groups focus on providing this.

Currently we have two small groups and are open to new members. One is a men’s group and the other both men and women. They meet twice a month at a place and

time agreed upon by its members. If you wish to join or simply want more information ask at our general meeting or call our Hotline at (585) 234-7076 to leave a message and someone will get back to you.

### **CURE FOR THE COMMON FOOD--HEART-HEALTHY ON SUPERMARKET SHELVES**

We’ve spotted and tried these products at local stores that you might want to try. All meet the Ornish low-fat guidelines. If you spot other new products or ones that you’ve found especially delicious or useful please let us know.

Smuckers Baking Healthy -- A 100% oil and shortening replacement for baking. This product is mainly made up of apple puree, pectin, and soy lecithin. It's true that you can often replace fat in baking with the pectin of applesauce, prune puree, or bananas, but the advantage in this product is that it gives a handy table of replacement values. Found in Wegman’s baking section.

Smart Ground -- A great tasting replacement for ground beef that you can use in chili’s and stews. Its made primarily from soy and wheat gluten. Contains no MSG. Great taste and it is, of course, fat free. Found in the freezer in Wegman’s natural food area.

Smart Cutlets -- This package contains two salisbury steak cutlets in mushroom gravy. Its made by the same company that makes the product listed above. Contains just 0.5 g of fat so it qualifies for an Ornish meal. Also in the freezer in Wegman’s natural food section.

No Pudge Brownie Mix -- A delicious no-fat brownie mix. All you do is add a 6-ounce cup of vanilla no-fat yogurt and bake for 32 minutes. Comes in several flavors and is available in Wegman’s natural foods section.

Kashi Heart to Heart -- A honey-toasted oat cereal with just 1.5 g of fat (none saturated) per ¾ cup serving. Available at Lori’s or at Wegmans.

Lundberg Italian Herb Risotto -- A creamy Italian rice entree available at Lori’s or in the natural food section of Wegmans. Contains 1 g of fat (none saturated) per serving.

Yoplait Nouriche -- There are a host of new “smoothie” drinks out and this is one of the best. It comes in four flavors, is zero fat, and is loaded with vitamins. Find it with the yogurt refrigerated section of most supermarkets.

Road’s End Macaroni and Chreese -- Love macaroni and cheese, but not the fat? Then try this. The nutritional yeast gives it a great cheddar flavor. It is low fat--1.5 g per serving, and is lactose and cholesterol free. The nutritional yeast also provides a good source of vitamin B-12 and folic acid. Find it at Lori’s.

B&M Brown Bread -- New Englanders love this with their baked beans (see next item below). Only 0.5 g fat. Comes in cans in the baking section at Wegmans.

*Bush's Vegetarian Baked Beans* -- Zero fat and a nice companion to the brown bread. Find it in with the canned vegetables in most supermarkets.

### HELPFUL INFORMATION SOURCES

These books, in addition to others and several audio and video tapes, are available in our library for our members to borrow.

*Dr. Dean Ornish's Program for Reversing Heart Disease/ Dean Ornish, M.D.*

Dr. Ornish's original book describing his breakthrough premise for treating heart disease without surgery or drugs. Available in pocketbook (\$6.99).

*Love and Survival/Dean Ornish, M.D.*

This book deals with the social support dimension of Dr. Ornish's program. Highly recommended.

### Diet

*Everyday Cooking with Dr. Dean Ornish/ Dr. Dean Ornish*

Dr. Ornish's fourth book features simple, easy-to-prepare recipes with familiar and available ingredients by chef Jean-Marc Fullsack

*Eat More, Weigh Less/Dr. Dean Ornish*

The book's title suggests its about weight loss, but mostly its about adopting a healthier overall lifestyle. It contains 250 heart-healthy recipes that meet the Ornish Program to reverse heart disease.

*500 Fat-Free Recipes and 500 More Fat-Free Recipes/ Sarah Schlesinger*

The author wrote this book when her husband was diagnosed with heart disease because she found few cookbooks with low-fat recipes. The recipes are easy to make and contain no more than 1 gram of fat.

*Food for Life/ Neal Barnard, M.D.*

In the Foreword, Dr. Ornish says that Dr. Barnard makes a powerful and persuasive case for changing your diet. He offers detailed, practical guidance on eating a healthful diet and gives a complete 21-day program to help make the transition.

*Fat Free, Flavorfull--Dr. Gabe Mirkin's Guide to Losing Weight & Living Longer!*

*Gabe Mirkin, M.D., and Diana Rich*

Dr. Mirkin's food ideas are similar to Dr. Ornish's. He's a pediatrician without any cooking background, but developed these recipes out of interest in his own health

*Secrets of Fat-Free Cooking/ Sandra Woodruff, RD*

Almost all of the 150 recipes, including desserts, are less than a gram of fat per serving.

*Shopping for Health/ Suzanne Havala, M.S., RD*

This is an innovative shopping guide written by a vegetarian dietitian to help the reader make healthful food-shopping choices. Its an aisle-by-aisle tour of the supermarket, that steers the reader to foods for a plant-based diet with no more than 10 to 20 percent of calories

from fat. So well do her recommendation fit Dr. Ornish's program that he has written the Forward for this book.

### WHERE TO EAT AWAY FROM HOME

These are restaurants that serve at least some dishes that meet the Ornish diet requirements and have been tried by individual members or the entire group.

**Aladdin's**/8 Schoen Place & 646 Monroe Ave.

COMMENT: Several vegetarian dishes Mediterranean style; Ask they be made without oil

**Applebees**/5 Area locations

COMMENT: Veggy Burger, Low-Fat Quesadilla, Steamed Vegetables; Ask the Quesadilla be fried dry.

**Atomic Eggplant**/75 Marshall St. (off Monroe Ave

COMMENT: All vegetarian menu; ask that they be made without oil

**Bill Gray's**/Several area locations

COMMENT: Great veggie burger

**Bobby B's** /1292 E.Ridge Rd.

COMMENT: Greens and Beans over Penne

**Burger King**/Several area locations

COMMENT: Veggy Burger

**Golden Dynasty**/Loehmann's Plaza S. Clinton

COMMENT:Several vegetarian/soy dishes

**Great Northern Pizza**/1918 Monoe Ave.

COMMENT: Cheeseless Vegetarian Pizza, Very Veggie Sandwich Terrific pizza with great crust.

**Hogan's Hideaway**/197 Park Ave

COMMENT: Vegetarian Minestrone Soup. Vegetarian 6-Bean Chili (available only fall and winter)

**The House of Poon**/2185 Monroe Ave

COMMENT:Several Chinese vegetarian dishes

**Jines**/658 Park Avenue

COMMENT: Vegetable Lasagna made with tofu

**The King and I** /1455 E. Henrietta Rd.

COMMENT: Several Thai, Asians veggie dishes

**Little Theater**/240 East Ave.

COMMENT: Bean Burrito; skip cheese, sour cream

**Mamasans**/309 University Ave & 2800 Monroe Ave

COMMENT: Vegetable Soup

**Mex**/295 Alexander St.

COMMENT: Vegetable on Escabache, Grilled Portobello, Vegetable Asado; Ask it be cooked without oil.

**Mykanos**/274 N. Goodman St.(Village Gate)

COMMENT: Vegetable Mousaka; skewered Souvlaki (have it cooked in lemon juice)

**Olive Garden**/532 Jefferson Rd & 100 Paddy Creek

COMMENT: Minestrone Soup (unlimited; can be a meal in itself); Vegetable Primavera (special order); Ask bread sticks not be soaked in butter or oil.

**Portobello Ristorante**/2171 W. Henrietta Rd.

COMMENT: Asparagus w/ wild mushrooms; Sliced Portobello w/tomatoes; Cook without oil

**Raj Mahal**/324 Monroe Ave.

COMMENT:10-12 dishes; Call one hour ahead so dish can be made without oil.

**Ruby Tuesday**/3 Area locations

COMMENT: Baked potato topped with vegetables and marinara sauce (not on menu but made on request)

**Shanghai Restaurant**/2920 W. Henrietta Rd.

COMMENT: Several vegetarian dishes

**Heartbeats for Life!** was formed in 1995 under the name Ornish Support Group of Greater Rochester. The purpose was and still is, to support Dr. Dean Ornish's Program for Reversing Heart Disease described in his book of that title. It is a scientifically proven means of reversing heart disease without drugs or surgery. The program consists of the following four parts, plus eliminating any smoking habit.

**DIET:** A plant-based diet that emphasizes whole grains, legumes, soy and egg whites as sources of protein in addition to fruits and vegetables. No animal products, except non-fat milk and egg whites and non-fat cheese. No added fat, such as butter or margarine. Essentially, this is a restricted vegetarian diet. Dr. Ornish also recommends fish oil supplements or for women, flax-seed oil supplements.

**EXERCISE:** Regular moderate aerobic exercise, such as thirty minutes of active walking daily.

**STRESS REDUCTION:** Methods include the physical conditioning of yoga and meditation and relaxation exercises that have a positive healing effect on vascular and heart health.

**SOCIAL SUPPORT:** Opening your heart to others in regular small-group meetings and/or large, organized support groups.

**DON'T SMOKE:** The harmful effects are so well documented that this should be obvious.

Our mission is to provide information and support for following those four parts of Dr. Ornish's program. We meet monthly, except during July and August, to fulfill our mission to our members. We are committed to educating the general public and the medical community to the benefits of following Dr. Ornish's program.

### **Heartbeats for Life!**

Meetings are held on the second Monday of the month (except in July and August) at the Cornell Cooperative Extension of Monroe County, 249 Highland Avenue, Rochester, NY.

Members: free. Guests: \$3.00. Annual membership: \$20 single, \$25 family. Heartbeats takes part in BC/BS Member Awards program which will pay half of annual membership.

For additional information call our 24-hour Voice Mail at (585) 234-7076. Also check there if in doubt about cancellations due to weather conditions.

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### **OUR 2004/2005 MEETING DATES**

For the coming year, we've scheduled a mix of meetings and subjects of interest to followers of the Ornish Program. Our Member's Forums are opportunities for us to share and learn from each other. We've also added speakers with expertise on a variety of subjects: exercise,

diet, stress reduction and social support. In the mix are our popular dinners at local restaurants that serve us an Ornish-style meal. All are welcome to our potluck dinner preceding each meeting at 6:30.

Check our Voice Mail at (585) 234-7076 for the latest information, including those times when our meetings may be affected by severe weather conditions.

### **September 13**

**MEMBERSHIP KICKOFF:** Our keynote speaker will be Dr. Peter Aoukar of Strong Memorial Hospital. His subject is: "Vegan Diet and the Prevention of Chronic Diseases."

### **October 11**

**DIET:** "Packing Nutritional Punch" A nutritionist will facilitate a discussion of the Ornish diet for weight reduction.

### **November 8**

**EXERCISE:** "Power of Pilates" Learn about how pilates can limber, relax and strengthen from Ellen Pfeiffer

### **December 13**

**ORNISH DINNER OUT:** For the holidays an Ornish-style dinner specially prepared for us by the chefs at the Strathallan Hotel's restaurant.

### **January 10**

**RELAXATION/STRESS REDUCTION:** "Yoga Revisited" Marc and Carrie Sandler

### **February 14**

**GROUP SUPPORT/SOCIAL INTERACTION:** "Changing Your Life One Conversation at a Time" Doug Johnson and Carol Tometsko

### **March 15**

**DIET:** "Recipes That Work" Savory ways our members eat the Ornish way.

### **April 11**

**ORNISH DINNER OUT:** "Dining at the Dynasty" We eat out at the Golden Dynasty --Loemann's Plaza

### **May 9**

**EXERCISE:** "Spring Tune-up" LuAnne Mansfield an exercise physiologist and instructor in many forms of exercise.

### **June 13**

**RELAXATION/STRESS REDUCTION:** "Lightening Your Heart with Laughter" How humour can reduce your stress.

### **July 11**

**ORNISH-STYLE PICNIC:** "Picnic In the Park" Location to be announced.

### **HEARTBEATS FOR LIFE! Steering Committee**

Chairperson: Robert F. Klein, MD  
Librarians: Ron Chiodi, Haim Bober  
Data Base Manager: Jim McGrath,  
Scribe: Carol Tometsko  
Public Relations: Peggy Weston Byrd  
Newsletter/Voice Mail: Dale Petschke  
Advisors: Barb Kozel, Ed Ehlers

**BE ADVENTUROUS !**

Here's an interesting, delicious and easy-to-prepare dish. It comes from a food column in the Democrat & Chronicle. The recipe will provide you with a good reason to check out one of the Asian food stores listed at the left. The shopping and the tasting will be a rewarding adventure. Besides being a very healthy dish, it is also very colorful.

### **HIJIKI with SHIITAKES and BEANS**

(from Mark Bittman column "Simple Cooking" in the D&C)

1 ½ ounces hijiki seaweed (about 1 cup)  
5 large or 10 small dried shiitaki mushrooms  
1 cup diced small shucked or canned clams (optional)  
2 medium carrots, peeled and shredded  
1 cup fresh soybeans or flageolets, peas, or black-eyed peas  
1 cup dashi (or fat-free chicken stock)  
2 tbsp mirin (or 1 tbsp honey)  
¼ cup soy sauce, or to taste  
salt if necessary

Soak the hijiki in cold water to cover and shiitakis in very hot water to cover, each for about 10 minutes. Slice shiitakis, discarding tough stems. Reserve soaking liquid.

Drain hijiki and put in skillet; stir once., then add carrots and shiitakis. Stir again and, if you are using clams, add them along with beans, shiitaki soaking liquid, dashi (or stock), and mirin (or honey) and soy sauce. Turn heat to medium-low and cook, stirring occasionally until carrots are tender, about 10 minutes. Mixture should be thick, not soupy. Taste, adding more soy sauce or salt if necessary, and serve with rice and a salad

Makes 4 servings.

NOTE: hijiki is available at the Asian Market and comes dried in a package. Dashi comes dried to make a stock by adding or soaking in hot water. It is made from kelp (a seaweed) and dried bonito flakes. Wegmans has it in the Oriental foods section, but should also be available at Asian food stores. Mirin is a sweet cooking wine and is available at Asian markets. Wegmans also carries frozen fresh soybeans in the freezer of the natural foods section.

### **WE WALK**

It's so easy. Walking for just thirty minutes a day will give your body the exercise it needs. You need no special equipment, no special routine. All you need is the time and the place. Weather permitting, many of our members come to our meeting early to walk beautiful Highland Park just across the road from our meeting place at the Cornell Cooperative Extension.

But don't let weather stop you. When its too cold, too hot, or wet and stormy use one of our indoor malls. And when its nice, walk your neighborhood or a nearby park. Our area is blessed with one of the finest park system in the state, and its likely there's one close to you.

And you can increase you exercise by other simple changes. Take the stairs instead of the elevator, don't hunt for the closest parking spot at the supermarket, walk with a friend, and ---dance. Just simple steps like these and others can give you the exercise you need.

### **LAST YEAR IN REVIEW**

Our 2003/2004 program had lots of variety. We included interesting, informative---and yes, even tasty meetings that addressed each of the four parts of the Ornish program. As usual, each of our meetings was preceded by a potluck dinner, and when weather permitted, a walk in Highland Park.

**September:** To start our year we asked our members to share their experiences with each of the four parts of the Ornish program.

**October** Dr. Saul Presberg, a Heartbeats member, was our guest speaker. His topic was how our current health-care system focuses on treating sickness rather than on keeping us well. Considerable discussion followed his very thought-provoking talk.

**November** Dr. AnnaMaria Groth-Juncker was our guest speaker. She spoke on the subject of the mind-body discipline of Qi Gong as a means of stress management and exercise.

**December** For our winter banquet, thirty of us attended an eleven-course dinner that met the Ornish guidelines at the Shanghai Restaurant. Our restaurant meetings have become popular, especially during the holiday season..

**January** When it comes to stress little things add up. One of our members, Peggy Weston Byrd, showed us how eliminating unwanted junk mail and e-mail spam can help make our lives a bit less stressful.

**February** Dr. Ornish has appeared on the Oprah Winfrey Show on several occasions. At this meeting we reviewed and discussed the video tape of his visit on March 13, 2002 which focused on diet.

**March** This month we held a group discussion about the topic "Challenges to following the four parts of the Ornish program." at which members shared their experiences.

**April** Our first visit to The King and I was so popular that we chose to return there for an encore. Their chefs provided a sumptuous variety of low-fat, vegetarian dishes that met the Ornish guidelines. Thirty-five members attended.

**May** We held a panel discussion on weight reduction. Many shared their experiences of using the Ornish diet to lose those extra pounds.

**June** Dr. Jeffrey Levenkron, a clinical and research psychologist with experience in behavioral counseling and behavior change, spoke to us on the effect of stress on heart disease

### **July**

We fought off the rain and managed to close our year with a picnic in Alison Park. Twenty-four brave souls enjoyed lots of good food and a fine time.

*Heartbeats* does not hold regular meetings during July and August, but we use the time to regroup and plan our next year's programs.

**Stress-Reduction/Exercise**

Wherever You Go There You Are/ Jon Kabat Zinn

A 1995 best seller on meditation, and endorsed by Dr. Ornish. The book is divided in many short, simple, well-written descriptions and exercises on what the author calls, "mindful meditation." If you are unfamiliar with meditation, its benefits, and how to do it, this is a good book to get you started.

The Relaxation Response and Beyond the Relaxation Response/ Herbert Benson, M.D.

Essentially, Dr. Benson's relaxation response is similar to meditation. He's Associate Professor of Medicine at Boston's Beth Israel Hospital and Director of the Division of Behavioral Medicine and Hypertension Section at Harvard Medical School. Both books describe the relaxation response, its health benefits and therapeutic effect on a variety of illnesses affected by stress.

Richard Hittleman's Yoga 28-Day Exercise Plan  
Richard Hittleman

A simple, well-illustrated, four week yoga exercise plan that requires just minutes a day.

The Sivananda Companion to Yoga/ Sivandanda Yoga Center

This is a well-illustrated guide to the classic yoga physical postures, breathing exercises, and relaxation and meditative techniques.

Synergetics/ Taylor and Joanna Hay

This book describes an exercise technique that is easy for anyone to learn and do, and that requires no special equipment. Following the illustrated exercises for 12 minutes twice a day provides aerobic exercise that relaxes and tones the body.

**Audio Tapes**

These are a partial listing of other audio tapes in our library that members may borrow.

Dean Ornish's Program for Reversing Heart Disease

These are twenty-five audio tapes from one of Dr. Ornish's complete seminars.

Beyond the Relaxation Response/Herbert Benson, M.D.

The Relaxation Response: Dr. Herbert Benson

Five Classic Meditations/ Shinzen Young  
Inner Calm/David Freudberg

Progressive Relaxation:Using the Body to Relax the Mind/ Keith Sedlacek, M.D.

Vegetarian Diets/ NPR Talk of the Nation

**Video Tapes**

Dr. Maurice Vaughn, cardiologist and director of noninvasive cardiology at the Heart Institute at Rochester General Hospital

Five Television Interviews with Dr. Dean Ornish

"What to Feed Your Heart"/Ornish on Oprah Show  
3/13/2002

**Subway/**Several area locations

COMMENT: Veggie Subs; great bread selection and three good fat-free dressings.

**Wendy's/**Several area locations

COMMENT: Salad wo/cheese, Plain baked potato w/broccoli; Fat-free dressing available.

**....AND HOW TO COOK AT HOME**

Here's an example of a recipe that meets the Ornish program guidelines. There also are many others in books listed in our library. You can also adapt many of your favorite meatless recipes to meet the Ornish guidelines.

**OLD-FASHIONED VEGETABLE STEW**

*The Almost No Fat Cookbook* by Bryanna Clark Brogan

browned flour \*

*\*Browned flour* --Place unbleached flour in a dry heavy skillet. Stir constantly with a wooden spoon over high heat until flour starts to turn color. You can brown the flour to a golden beige or light brown--just be careful not to burn it.

Stir in the flour around and then add:

5 cups water

1/2 cup dry red lentils

1/4 cup soy sauce

1/4 cup tomato paste

3-4 vegetable bouillon cubes

1 bay leaf

2 tsp. yeast extract\*\*

*\*\*Yeast Extract* --A dark, salty paste with a beefy" flavor.

It is a nutritional yeast rich in nutrients. Strong flavor so use sparingly. Available in Wegman's spice section as Marmite.

1 tsp. sweetener of your choice

1/4 tsp. dried thyme

1/4 tsp. dried rosemary

1/4 tsp. dried marjoram

black pepper to taste

Mix well and add:

4 to 5 cups cubed vegetables (mushroom halves, diced celery, diced eggplant, red or green bell pepper chunks, carrot, parsnip, rutabaga or turnip, peeled and chunked)

*Optional* :1/2 cup fresh parsley, chopped or 1/2 cup dry textured vegetable protein chunks, dehydrated, or 2 cups seitan cubes, or vegetarian burger

Simmer the stew for 30 minutes, then add:

1 cup frozen peas

Simmer 10 minutes more and taste for seasoning. Serve with steamed or mashed potatoes.