

New Hope News

July 2008 edition

News Alert:
July 21, 2008
Support Group Meeting 6:30pm
West Suburban Hospital
Class room A & B
Lower Level
Speaker: Katie Doranski
“Yoga Educator”

Understanding yoga

The ultimate goal of yoga is to reach complete peacefulness of body and mind, helping you relax and manage stress and anxiety. Traditional yoga philosophy requires that students adhere to this mission through behavior, diet and meditation. But if you're simply looking for better stress management and not an entire lifestyle change, yoga can still help.

Breathing

Controlling your breathing is an important part of yoga. In yoga, breath signifies your vital energy. Yoga teaches that controlling your breathing can help you control your body and gain control of your mind - reining in thoughts that may otherwise hamper stress management and relaxation.

Through yoga, you learn to control your breathing by paying attention to it. Your instructor might ask you to take deep, loud breaths as you concentrate on your breathing. Other breathing techniques involve paying attention to your breath as it moves into your body and fills your lungs, or alternately breathing through one nostril.

Gaining stress relief and other health benefits from yoga

Yoga offers a good tool for stress management and relaxation. Left unchecked, stress can lead to a variety of health problems, including headache, insomnia, back pain, burnout, weight gain, anger and substance abuse. Yoga, with its quiet, precise movements can draw your focus away from your busy, chaotic day and more on the calming moment as you move your body through poses that require balance and concentration.

But the benefits of yoga surpass stress relief. Other health benefits of yoga may include:

- **Increased flexibility.** As you learn and refine new poses - such as touching your toes - you'll find that each time you practice, you can reach a little farther. Increased range of motion means you're less likely to injure yourself in other physical endeavors or in your daily activities.
- **Management of chronic health conditions.** The breathing and relaxation methods used in yoga might help you if you have asthma, carpal tunnel syndrome, depression, low back pain, multiple sclerosis, osteoarthritis of the knees or memory problems. Yoga can also be helpful when combined with other treatments for heart disease and high blood pressure. Yoga, when combined with a vegetarian diet, aerobic exercise and medication, has reduced cardiovascular disease rates and blood pressure levels. However, yoga is not a substitute for traditional medical care and treatment.
- **Weight loss.** If you're overweight, yoga may help you make the healthy lifestyle changes necessary to drop those extra pounds.
- **Balance.** Yoga classes tailored for older adults can help them stay steady on their feet and avoid falls and hip fractures.
- **Coping with cancer.** People with cancer and their caregivers who practice yoga may improve their quality of life and sleep better at night.
- **Alzheimer's caregiver stress and fatigue.** Yoga practice may help family caregivers by boosting their mood and improving their ability to cope and manage stress.

While you shouldn't expect yoga to cure you, it can help some health conditions when combined with treatment recommended by your doctor. And if you already enjoy good health, yoga can be an enjoyable supplement to your regular exercise routine.

Taking precautions before starting yoga

Yoga, overall, is generally considered very safe. But there are some situations in which yoga can pose a risk. Check with your doctor or other health care provider before starting a new yoga program. This is especially important if you have certain health conditions, such as joint problems or a history of low back or neck pain. You may need to avoid certain yoga positions depending on your condition because of the undue strain it may cause.

Also see your health care provider before you begin yoga if you have any of the following conditions or situations, since complications can arise:

- High blood pressure that is difficult to control
- A risk of blood clots
- Eye conditions, including glaucoma
- Osteoporosis
- Pregnancy
- Artificial joints

You may be able to practice yoga in these situations if you take certain precautions. For instance, if you're pregnant, avoid any poses that put pressure on your uterus, such as those that require you to twist at the waist.

There are various types of yoga. Regardless of which type of yoga you chose to practice, you don't have to do every pose your instructor demonstrates. If a pose is uncomfortable or you can't hold it as long as the instructor requests, don't do it. Good instructors will understand and encourage you not to exceed your personal limits. Spend time sitting quietly, breathing deeply until your instructor moves the class on to another pose that's more comfortable for you..

Finding a yoga class

If you've decided to try yoga for stress management or relaxation, look around for classes in your area to see what's offered. You can also learn yoga from books and videos. But beginners usually find it helpful to learn with an instructor. Classes also offer camaraderie and friendship, which are also important to overall well-being.

When you find a class that sounds interesting, contact the instructor and get all of your questions answered so that you know what to expect. Questions to ask can include:

- What are the instructor's qualifications? Where did he or she learn yoga, and how long has he or she been teaching?
- Does the instructor have experience working with students with your needs or health concerns? If you have a sore knee or an aching shoulder, can the instructor help you find poses that won't aggravate your condition?
- Is the class suitable for beginners? Will it be easy enough to follow along if it's your first time? Can you observe a class before signing up?
- What is the focus of the class? Is it aimed at your needs, such as stress management or relaxation, or is it geared for people who want to reap other benefits?
- **What do you need to take along to class? Some classes require you to bring a mat or towel to sit or stand on while doing poses. Other classes will provide a mat. At**

the end of a yoga class, you should feel invigorated, calm and refreshed. Yoga has changed many people's lives to live longer and healthier.

Recipe of the Month

Vegetable Polenta Stacks

Serves: 4

Prep Time: 10 minutes

Cook Time: 70 minutes

Nutrition Score per serving:

(1 stack plus ¼ cup sauce): 301 calories, 7 g fat (21% of calories), 3 g saturated fat, 50 g carbs, 10 g protein, 3 g fiber, 167 mg calcium, 3 mg iron, 456 mg sodium

Ingredients

3 cups water

1 ½ cups finely ground cornmeal

2 tablespoons chopped fresh basil

1 tablespoon chopped fresh rosemary

Cooking spray

1 large zucchini, sliced diagonally

1 large tomato, very thinly sliced

¾ cup shredded part-skim mozzarella

1 cup jarred marinara sauce

Fresh basil or rosemary for garnish (optional)

Directions

- Bring water to a boil in a medium saucepan and add cornmeal. Reduce heat to low and cook for 10 minutes, stirring constantly. Mix in basil and rosemary.
- Coat a baking sheet with cooking spray. Spread out cornmeal to ¼-inch thickness with spatula. Refrigerate 45 minutes, and then cut into 12 squares.
- Place one square of polenta on a small plate. Top with a few slices of zucchini, tomato, and 1 tbsp. mozzarella. Repeat layering once, then top with third polenta square and 1 tbsp. cheese. Repeat process for 3 more servings, using up all of the vegetables.
- Heat marinara sauce on low in a small saucepan. Place polenta stacks, one at a time, in microwave for about 2 minutes, or until cheese has melted. To serve, spoon ¼ cup marinara over and around each heated polenta stack. Garnish with herbs if desired.

Tip: This dish takes just 15 minutes to prepare if you make the polenta a day ahead of time.

Coming soon next Meeting

August 18, 2008

West suburban Hospital 6:30pm

Class A and B Lower Level

Speaker: Greg Christian

“Chef”

Topic

“Healthy Eating and Organic Food

Help Wanted



New Hope News is looking for some interested people to help with our monthly newsletter. We need you to share your ideas, concerns and any questions you think would benefit our readers.
See Cecilia or call for more information@ 708-456-7874

New Hope Surgical Weight Loss

1950 N. Harlem Ave

Elmwood Park, IL 60707

708-456-7874

NEEDED: New Hope Testimonials for our Web Site.

News:

New Hope Surgical Group Monthly Newsletter is to keep us informed with our questions and concerns and sometimes yummy recipes. To keep this going we are asking for your help. We are all busy with our own lives, and we understand this. But this is a very important part of our lives too. So please help us keep our newsletter going.

Mission Statement

New Hope Surgical strives to restore health in those suffering from morbid obesity and its related diseases. We are committed to serving our patients with the highest quality minimally invasive, laparoscopic weight loss surgery, compassionate support groups, beneficial nutritional consultations, and valuable psychological consultations. We desire to give hope to individuals who have been affected physically, mentally, and emotionally by morbid obesity. Our goal is to improve our patient's long-term quality of life by increasing their weight loss and decreasing the severity of their co-morbidities.

