

Rishi Yoga Institute

WWW.RishiYogaInstitute.com

Devin Morgan, Director

December Yoga Newsletter, 2006

Quote of the month: We are what we think. All that we are arises with our thoughts. With our thoughts we make the world.

Buddha

I just returned home and settled in after a wonderful Thanksgiving day and I really wanted to sit down and write to you and just tell you how thankful I am that each and every one of you is in my life. Each one of you has added so much with your participation and whether you are in the first row or in the farthest corner of the farthest row, you are important to me and to the energy of the class. I feel so blessed to be able to share something that has given me such amazing benefit and something that I so love with so many of you. It has been an amazing year and I've watched some of you who are new to my class begin and grow and some of you who have been with me three years or so, continue on your journey. Isn't that amazing!!!

And here we are again, at the beginning of a new year. Did you make resolutions last year for 2006? Now, here's the real question... Did you keep them?

Usually New Year's resolutions are made with our eyes in "the perfect world". Unfortunately, we don't live in the perfect world. And so we make choices that we can not possibly keep and then become disillusioned with resolutions and decided to stop making them. The secret is to make resolutions that you are able and willing to keep. You are you... and having it become January 1st isn't going to change that. So, don't set yourself up to quit before you arrive at the destination. Be reasonable about your expectations of yourself. Push your

envelope but make sure it's YOUR envelope you are pushing.

We are all so amazing and special. We simply must open ourselves to the possibility of becoming all that we can become and then surrender to those possibilities. The New Year is such a wonderful marker in the time space continuum, a point in time to define the now. Let's make a pledge that in 2007 we will all push the envelope of joy and accomplishment in our lives. Let's pledge to work to the highest level of our own individual excellence and just see where that takes us.

As most of you know, I've had not such great results in my DVD making this year but have had some incredible learning experiences. I am ready now to move to the next level and work with professionals to create my real vision of a program for you. And so, 2007 will be the release of my first DVDs. I'm so excited about it. There will be multiple selections on the various menus so that you may create your own practice based on your energy level and area of need. You will choose from such topics as Pranayama, Warm up, Sun Salutations, Standing poses, Groin openers, Pigeon, Shoulder releases, Shoulder Pretzel, Cool down and of course Shavasana. This has been a dream of mine for some time now and it seems it's time for it to come to fruition. I will let you know when the release date is near.

I will be visiting India this year to look at locations for a wonderful Yoga retreat I'm planning for spring 2008. There will be more announced in the newsletter I solidify the arrangements. Sooooo, save your pennies and take a week or so and let's go do Yoga at a 5 Star spa in the magical land of the Mughals☺

Annnnd, I am booking corporate seminars for 2007 so if your place of business presents health and wellness seminars for their employees, please let me know. I offer all the same topics that were offered in 2006 with the addition of *Vitamins, What Do We Need and Why.*

Don't forget, you may access past newsletters on my website: www.Rishiyogainstitute.com so if you have just recently began to receive the monthly letter and would like to read, download and print or pass on past issues, you will find them all under the topic "Newsletters" on the site.

A special thanks you to all of you who have been able to attend the classes at Align Studio. It has been such a pleasure to work in a closer relationship with you and I hope that those of you who have not yet been able to take a class in our little studio will stop by when you are able and share some very special Yoga time. I've included my schedule again in this newsletter and if you have any questions, please email and I'm happy to answer you as soon as I am able.

I will be on vacation from Friday, December 8 through Friday December 22. I will begin teaching classes again on Friday, December 22. Happy Chanukah, Merry Christmas, and best wishes for any other special holidays, remembrances and anniversaries that might fall in this winter season. Shop wisely and well and so as 2006 comes to a close, I wish all of you the happiest and healthiest of New Years.

Please note CHANGES to schedule for December. Classes at Align Studio will NOT meet from December 8 through December 17. Classes will resume on Friday, December 22 and we will return to our usual schedule.

Devin's schedule

So many of you have asked for an update on my schedule sooooo, here it is.....

Tuesday	10:30AM	Yoga, Bally's in Studio City
	7:30PM	Yoga, Total Woman in Northridge
	8:30PM	Tai Chi, Total Woman in Northridge
Wednesday	8:30AM	Yoga, YMCA in Porter Ranch
	12:30PM	Yoga, Total Woman in Woodland Hills
	8:00PM	Yoga, Reservation only class, call me at 818-326-1839 for info
Thursday	10:30AM	Yoga, Bally's in Studio City
	6:30PM	Yoga, Reservation only class, call me at 818-326-1839 for info
Friday	7:00AM	Tai Chi, Total Woman in Woodland Hills
	8:30AM	Yoga, Total Woman in Northridge
	12:00PM	Yoga, Reservation only class, call me at 818-326-1839 for info
	4:30PM	Yoga, Total Woman in Woodland Hills
	* 6:30PM	Yoga, Align Studio in Tarzana
Saturday	11:30AM	Yoga, Total Woman in Northridge
	12:30PM	Yoga, Total Woman in Northridge
Sunday	* 9:30AM	Yoga, Align Studio in Tarzana
	11:30AM	Yoga, Total Woman in Woodland Hills

Private sessions are available.

*Align Studio is located on the South East corner of Ventura and Shirley in a mini mall. The fee for the classes at Align is \$10.00 per class.

Workshops:

For those of you who wish to attend workshops but are short of funds, a work/study program is offered.

Teacher's Training

The next Yoga Teacher's Training will begin February 10, 2007. If you are interested, you can find information at my website, www.Rishiyogainstitute.com and if you have questions, please contact me by email or by telephone. The class is filling up so if you are interested, please contact me as soon as possible.

Vinyasa Intensive Workshop

A two hour flow practice focusing on Sun Salutations and standing poses. This workshop builds strength and stamina and a strong sense of determination. It is demanding and not recommended for beginners. Participants will push the envelope of their abilities and leave the workshop with their practice forever changed. If you have never done an intensive before, please speak with me before registering. Sunday, January 21 from 3:00PM – 5:00PM Fee: \$20.00 Where: Align Studio, Tarzana

Basic Yoga Philosophy Workshop: For those who are looking to see where Hatha Yoga fits into the picture...

What is Yoga all about? A lot more than postures, that's for sure. As we do our practice, so we live our lives. The vinyasa that we practice is the physical element of a holistic experience. This session will discuss that experience. Patanjali's *Yoga Sutras* will be outlined and you will be given a basic understanding of the history of yoga. Sunday, January 28 from 2:30PM – 5:30PM. Fee: \$45.00 Where: Align Studio, Tarzana

Workshops fill quickly. You may register on line at devin777@earthlink.net

Body Talk

A monthly article written in easy to understand language to introduce you to the miraculous systems of the body and how they work to keep you healthy

A recent newsletter gave you a little blurb on Vitamin D and researching it became a point of interest for me. Soooo, here's some of the stuff I found...

It's been nearly 10 years since the Institute of Medicine issued the latest recommendations on Vitamin D – 200 to 600 International Units (IU) a day, depending on age. And those levels were based on how much it would take to prevent rickets, the disease characterized by bowed or deformed bones. Yet there's been a huge amount of data since 1997. The evidence has just exploded – not just on bones, but immune function, infection, muscle growth and various cancers. And it looks like we're getting too little Vitamin D for all of them.

Source: Bess Dawson-Hughes, researcher, Jean Mayer U. Department of Agriculture Human Nutrition Research Center on Aging, Tufts University in Boston

Many vitamins occur naturally in a variety of foods, but not vitamin D. Initially, humans didn't require vitamin D in their food supply because over millions of years we evolved a mechanism to produce it on our skin. Relying on the sun's ultraviolet rays to make vitamin D worked fine when all humans lived near the equator. Further from the equator, UV rays were scarce, leading to rickets, the vitamin D deficiency disease that deforms bones.

Vitamin D helps the body absorb calcium so it's no surprise that giving people vitamin D (with or without additional calcium) can boost the density of some bones, including

the hip. Does vitamin D actually keep bones from breaking? Yes, says Dawson-Hughes but only in the studies in which people took enough to get their blood levels high enough. In a meta-analysis that pooled the results of those studies, people who took 700 to 800 a day had a 26 percent lower risk of hip fractures than similar people who took a placebo.

The bottom line: 1000 IU of vitamin D a day could substantially lower the risk of broken bones in older people according to Dawson-Hughes. And it's not just vitamin D's impact on bone that would ward off those fractures. Muscle tissue has receptors that are specifically designed to accept vitamin D which suggest that the vitamin must have a key role in muscle function. When researchers gave vitamin D to older women, they saw an increase in protein synthesis, which means an increase in muscle growth and size.

Cancer expert Edward Giovannucci of the Harvard School of Public Health in Boston says, "The animal studies done on cancer are pretty remarkable. When animals are given vitamin D, researchers see a dramatic reduction in tumor growth. Vitamin D appears to make cancer cells less abnormal, less likely to multiply and more likely to die. What's more, Vitamin D may hinder angiogenesis, the growth of new blood vessels that feed a tumor. And there's evidence that vitamin D may make cancer cells adhere to the tumor, which could keep them from branching out and becoming metastatic." He adds, "I don't want to go overboard, but vitamin D is the most promising of anything I've seen in nutrition that can potentially have a strong effect on cancers, yet it is not a cure all and we still have a lot of work to do."

Researcher, Bruce Hollis of the Medical University of South Carolina has this to say about vitamin D and the immune system... "Immune system cells called macrophages have the machinery to make the active form of vitamin D which gets the macrophages busy making peptides that fight bacteria. If you're deficient in Vitamin D, those peptides can't happen. That's why sun exposure in sanitariums cured tuberculosis 100 years ago. People's bodies couldn't destroy the TB

bacteria. Also, vitamin D decreases the production of T-1 helper cells and enhances the formation of T-2 helper cells. That's good because T-1 helper cells are involved in autoimmune attacks on the body."

Now, how much do we really need? Most experts agree that it's time to raise the vitamin D intakes that are now recommended: 200 IU a day if you're 50 or under, 400 IU if you're 51 to 70 and 600 IU if you're over 70. "We could easily recommend 1,000 IU a day," says Tuft's Bess Dawson-Hughes. Researchers are convinced that we should be getting as much vitamin D as lifeguards, not office workers. "A light-skinned person out in the sun in a bathing suit, with no sunscreen, can make 20,000 to 30,000 IU in 30 minutes," explains Harvard's Edward Giovannucci, "though a person with darker skin or less skin exposed would make much less. Perhaps unknowingly, most of us have been deficient compared to conditions under which people evolved. Estimates are that most humans evolved with vitamin D levels of 125 to 175 nanomoles per liter of blood. A lot of people today are at 12 to 25 nanomoles."

Bottomline?

- It's easier to get vitamin D from a supplement or fortified food than to worry about whether you're getting enough or too much sun.
- Shoot for about 1,000 IU of vitamin D a day.
- If you take a vitamin D supplement, look for vitamin D3 (cholecalciferol), not vitamin D2 (ergocalciferol) which is about 25% less potent.
- It's safe to take up to 2,000 IU (some researchers would say 4,000 IU) a day but if you're prone to kidney stones, check with your doctor before taking more than 1,000 IU a day.

Did you know...

98.6 is a number everyone recognizes -- 98.6 F is the normal body temperature, of course. Except that it isn't. The concept of

average or "normal" body temperature was born in 1868 when German physician Carl Wunderlich recorded one million temperature readings from 25,000 people (this long before computers, mind you) and averaged them to get 37 Celsius (also known as centigrade), which translates to 98.6 F. Over 100 years later a group of scientists led by Philip A. Mackowiak, MD, chief, Medical Care Clinical Center of the VA Maryland Health Care System, investigated Dr. Wunderlich's research and announced that it was, in a word, "bunk." Dr. Mackowiak's findings can have big implications for the definition of "sickness." When Dr. Mackowiak and his team studied 148 men and women, they found a mean oral temperature of 36.8, not 37, which translates to 98.2. Furthermore, in the early study, temperatures were taken from the armpit, which is considered notoriously inaccurate. The research concluded that there is no one number that is the "normal" temperature, but rather a range. Everyone has fluctuations in temperature, with a lower temperature in the morning and a peak in temperature in the late afternoon and early evening. (A fluctuation can also exist when a fever is present.) The range on average is up to 1.8 F in a person, from a high of approximately 98.6 in the morning to 99.9 in the afternoon in healthy people. With just a one- to two-degree difference, does variation in body temperature *really* matter? It can when it comes to decisions regarding treatment of fever. According to research the issue of treating fever (greater than 100, depending on an individual's normal temperature) is complicated and always controversial. The key is not in the number on the thermometer, but in knowing the difference in current temperature versus what is normal for you. So, if your temperature increases by 1 to 1.5 degrees versus *your* normal, it is considered a fever. To be able to do this, however, you must know what your "normal" is. It's not difficult, but requires some effort for a few days. Take your temperature four times a day for three days (wait 15 minutes after taking a shower or a bath and after smoking or drinking... wait an hour after exercising) to calculate your average readings and normal temperature fluctuations. With the knowledge of what your base temperature is, you can then know when you are in

"fever range." Be sure to inform your physician of your normal temperature as well so that he/she can better monitor your health. Should you get a fever, don't be alarmed. In normally healthy people, fever by itself is not a problem (however, adults with heart or lung problems need to treat a fever). People often rush to bring down a fever, but remember that all drugs, including nonsteroidal anti-inflammatory drugs (NSAIDs), have toxicities and side effects that people should keep in mind when considering whether to take them. *Note:* Do not give aspirin to children without an okay from your doctor. Additionally, fevers are often your body's healthy reaction to help fight the course of illnesses and/or to kill many microbes. Studies have shown that while NSAIDs ease discomfort and bring down fever sometimes associated with minor illness such as the flu, they may also prolong the illness by a day or so.
Source: Philip Mackowiak, MD, Medical Health Care Center

I have been asked by many of you exactly what is a Naturopathic Physician so here it is in a nutshell. In North America, there are five naturopathic medicine programs currently accredited by The Council on Naturopathic Medical Education (CNME), and one naturopathic program that is a candidate for accreditation by the CNME. Candidates for admission must earn a baccalaureate degree (or equivalent) prior to admission, including standard pre-med training. The ND degree is a doctoral degree and typically takes four years to complete, just like an MD. There are many similarities between the naturopathic and conventional medical school curriculum. The first two years of both curriculums involve basic science courses -- anatomy, pathology, physiology, biochemistry, and other Western medical sciences. In addition, naturopathic philosophy courses expose students to the concepts and principles and practices of natural medicine. These include nutrition, homeopathy, botanical medicine, acupuncture and a variety of mind-body approaches. During the third and fourth years, there's a mix of classroom courses such as gynecology, pediatrics and rheumatology, plus approximately 1,200 hours of clinical training under the supervision of licensed naturopathic

physicians. In this phase of training, naturopathy students observe and help manage patients in an outpatient setting. Think of the ND as the equivalent of a family practice physician. Naturopaths provide excellent primary health care for individuals and families. Like the conventional general practitioner with an MD, an ND will assess your health and direct your treatment, either by treating you directly or by referral to other mainstream or natural care specialists such as chiropractors, acupuncturists, nutritionists or specialists in homeopathy, to name a few. Conventional physicians and naturopaths are most effective at different points in the spectrum of the health-care system. Dr. Jane Guiltinan, President of American Association of Naturopathic Physicians, shares her opinion, "At one end of the spectrum is crisis medicine," she says "and it's here where I think conventional medicine is excellent. Emergency care intervention, trauma care, serious infections -- this is where conventional medicine excels. Where I think conventional medicine has not done its most effective work is in chronic disease management and in conditions that don't really fit into a clear medical box -- chronic fatigue syndrome, for example, fibromyalgia or depression. With these types of conditions, the conventional, technological or pharmaceutical approach is not always effective as it focuses on symptom suppression, rather than the naturopathic process of finding the underlying causes and addressing these to support healing and the creation of health and wellness. This is where naturopathic physicians can play an important role." In naturopathic medicine, most treatment plans, regardless of the condition, begin with diet modifications. The famous quote from Hippocrates, "Let food be thy medicine and medicine be thy food" is a basic tenet of naturopathic treatment. In addition, supplements (vitamins and minerals) may be prescribed. In some cases, NDs will do the nutritional counseling themselves... in other instances that require more sophisticated or specialized care, patients may be referred on to a nutrition specialist. Other common treatment modalities are homeopathy, botanical medicine, physical medicine and acupuncture and mind/body therapies. Again, depending on the patient's needs, the ND may provide treatment himself or refer

the patient on to a specialist. NDs also offer psychological counseling. In this area, Dr. Guiltinan said a big part of her naturopathic practice is preparing patients to make the little and big lifestyle changes that will impact their health. In naturopathic medicine, the patient's participation in his/her own health care is crucial. To find a qualified, licensed ND in your area, visit the American Association of Naturopathic Physicians Web site, naturopathic.org and click "Find a doctor."

Source: Jane Guiltinan, ND, president of the American Association of Naturopathic Physicians.

If your body's insulin isn't efficient at getting sugar from your bloodstream into your body's cells, you have insulin resistance. If that causes your fasting blood sugar levels to hit 100 milligrams per deciliter, you have pre-diabetes and if your fasting blood sugar rises above 125, you have type 2 diabetes. The disease damages blood vessels throughout the body. If they're large arteries, the result can be foot ulcers or heart disease. If they're small ones, it could be blindness or dementia. And, in the male, if they're in a certain area, it could cause impotency. Fifty to sixty percent of men who don't take care of their diabetes could be at risk for impotency. Men with erectile dysfunction should have their blood sugar checked. Men can show signs of impotency before they realize they have diabetes. Diabetes is one of the major causes of heart attacks in men. Fifty to seventy five percent of people who have a heart attack have diabetes or pre-diabetes. Losing excess weight and staying active are far and away the best ways to prevent diabetes. Following, you will find five risk factors. If you have at least three, you probably have the metabolic syndrome (also known as insulin resistance syndrome) which raises your risk of heart disease and diabetes. The underlying cause: too much weight and too little exercise.

- 1. Waist Circumference – Women: more than 35 inches, Men: more than 40 inches (for some men, a 37 to 39 inch waist can be a risk factor)
- 2. Triglycerides – 150 or more
- 3. HDL Cholesterol – Women: Under 50, Men: under 40

- 4. Blood pressure – Systolic: 130 or higher, Diastolic: 85 or higher
Source: National Heart, Lung and Blood Institute and Robert A. Rizza, director for research, Mayo Clinic College of Medicine, Rochester, Minnesota

And how about those drug ads... Most people believe that drug ads are approved by the government before they are aired or printed and most people believe that only "entirely safe" drugs are allowed to be promoted. Nothing could be further from the truth. The Food and Drug Administration rarely gets a chance to review ad copy before the public sees it. Months can go by before the agency catches up with any misrepresentation or inaccuracies. Those months inevitably see burgeoning sales of the drug. Direct to consumer drug ads not only permeate the TV screen but also fill the radio waves, print media and more recently, the internet. The pharmaceutical industry in 2005 spent the staggering sum of **\$4.86 BILLION** on consumer advertising, more than the Gross Domestic Product of 53 countries, according to the latest World Bank data. It is a productive investment. As spending on advertising has risen, so have the number of prescriptions written and drugs sold. For each **dollar** spent on advertising, the pharmaceutical industry recoups **\$4.25**. Add to that **\$7 BILLION** spent on advertising to doctors and other professionals and it's obvious why drug costs are so high in this country. Spending on drugs is only part of the overall increase in health care costs that have now risen to the point that the U.S. is the world leader at \$5,200 per capita per year. Yet we rank lower than several similar industrialized and even some less-developed countries on such public health benchmarks as life expectancy, infant mortality and rates of obesity and chronic disease. And people in those countries pay much less for drugs than we do here in the U.S. And here's the dig, direct to consumer ads are not allowed ANYWHERE on the planet except here and in New Zealand (where a ban is being strongly considered.). To be a savvy consumer, pay little or no attention to prescription drug ads. Those ads usually promote the newest and most expensive drugs. Many older drugs are available in generic form and they can be every bit as

effective as the newer brand name drugs. Consult a nonbiased source, such as the Consumer Reports Consumer Drug Reference or the National Institutes of Health's Medline Plus (www.medlineplus.gov) to learn about your alternatives, drug interactions, side effects, warnings and how to take prescription medicines safely. And don't let the ads convince you that every personality quirk such as shyness, fear of heights or performance jitters requires a pill. Listen to the words the actor says in listing side effects, not the romantic tones in his voice. I have heard "and possible death" said in a voice that sounded like it was an announcement for the fountain of youth.
Source: Marvin M. Lipman, MD, clinical professor of medicine emeritus at New York Medical College

Substance abuse problems will double to 5 million in 2020 from 2.5 million in 1999, in large part due to prescription drugs according to a recent government survey. Do you really NEED that medication?????

Tidbits

Americans consume 7 billion (yes, that's right, SEVEN BILLION) dollars of food between Thanksgiving and Christmas and 1.39 million dollars of that is spent on chocolate. Amazing!!!
Source: Yahoo News, Thanksgiving day, 2006

I have been searching for the perfect Yoga togs for the past two plus years and I have finally found them. YEAH!!! You can order on-line at www.bluecanoe.com. The clothes are well made, fit well and hold up through the wash. They are cotton and spandex and have a 10% spandex content so they don't start slipping down half way through the class. The colors are wonderful and they sell work out clothes for men as well so happy shopping...

The cold and flu season is upon us again. Remember, Zicam! You can purchase it at any market or pharmacy and it works wonders. If you begin using it at the first sign of a cold, the symptoms just go away. If you already have a cold, it reduces the symptoms and the length of the illness. I am exposed to just about every germ on the

planet working with so many people and in so many locations and since I found Zicam a year and a half ago, I have not had a severe cold once. I really swear by it.

And here's another one... If you have trouble falling asleep or you wake up during the night and have a difficult time going back to sleep, try Source Naturals sublingual SPRAY Melatonin. This stuff is sprayed under the tongue (it isn't too bad tasting but isn't yum either) and in about 15 minutes, you are asleep. I have tried other brands of Melatonin and also the pills but they never worked on me. This spray does the trick. You can buy it at almost any health food store. It's great for jet lag as well.

Just what do those numbers in your blood pressure actually mean? The higher number - systolic pressure - is the force that blood exerts on the artery walls when the heart beats. The lower number - diastolic pressure - is the force between heartbeats.

150 Million chocolate Santas will be made this holiday season. The average is 3 ½ ounces and if he's made of milk chocolate, he'll give you a whopping 531 calories and 30 grams of fat. If the same goodie is made of dark chocolate, he'll feed you 475 calories and the same 30 grams of fat.

More than 1.76 BILLION candy canes are made in December in the U.S.

One dose of antibiotics within their first year of life doubled a child's risk of developing asthma. These meds lower the body's resistance to the harmful allergens that cause asthma. So make sure to ask your pediatrician if antibiotics are really necessary.

Source: Carlo Marra, PhD., University of British Columbia, Canada

Over 24,000 kids were treated for shopping cart related injuries last year. The carts possess a high center of gravity so they can tip easily, injuring children even if they're properly strapped in. Instead, sit your child in the largest part of the cart. Since the area is closer to the ground, doing this can

significantly reduce the risk of tipping.
Source: American Academy of Pediatrics

If your cheese molds in the fridge, here's a tip. Apply a thin layer of butter over the cut edges before you wrap it and return it to the fridge. The milk fats in butter form an airtight seal that prevents bacteria from adhering to the cheese.

Breast implants make mammograms more difficult to read because they block the view of breast tissue underneath. A study published in the *Journal of the American Medical Association* found that the test missed 55 percent in tumors in women with implants compared with 33 percent in women without them. If you have implants, be sure to mention it when you make your mammogram appointment. There is a modified procedure, an implant displacement view, which shifts the implant aside so the breast tissue is more visible.

Check this out, the average percent markup between the actual cost of a hospital visit or stay and what the hospital bills for it is 244% and the average markup at the nation's 100 most expensive hospitals is 680% Do you believe that? And only 9% of the people who were billed by hospitals negotiated to get their bills lowered and of that 9%, 70%, yes 70%, succeeded. So don't just pay your bill without really looking at it and do your best negotiation to reduce the profit of the hospital. We look at these institutions as sacred. They are money making machines. Don't forget it!

How can you live without knowing these things?

Butterflies taste with their feet ☺ But, it's true.....

If you are in possession of a little known fact, email me and I'll share it with everyone.

If you have any questions, feel free to email. devin777@earthlink.net

Devin

All rights reserved.; no part of this e-publication may be reproduced or transmitted by any means, electronic, mechanical, photocopying or otherwise, without the prior written permission of the e-publisher.

Copyright March 2002, Devin Morgan
Excerpts from "Vinyasa Teachers Training Manual"
ISBN 0 9729261 0 1