

# Rishi Yoga Institute

WWW.RishiYogaInstitute.com

Devin Morgan, Director

## February Yoga Newsletter, 2007

Quote of the month: *A sad soul can kill you quicker, far quicker, than a germ.*  
John Steinbeck, "Travels with Charley"

Here we are in February, the month that brings us February 14, Valentine's Day. It's a date that is traditionally the time in the year when we acknowledge those who are most important to us. Valentine's Day as we know it today, contains vestiges of both Christian and ancient Roman tradition. One legend (and there are many) of Saint Valentine contends that he was a priest who served during the 3<sup>rd</sup> century in Rome. When Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young men – his crop of potential soldiers. Saint Valentine realizing the injustice of the decree, defied Claudius and continued to perform marriages for young lovers in secret. When Valentines actions were discovered, Claudius ordered that he be put to death.

The truth behind the Valentine legends may be murky but all of them emphasize his appeal as a sympathetic, heroic and most importantly, romantic figure. It's no surprise that by the Middle Ages, Valentine was one of the most popular saints in England and France.

And while Valentine greetings were popular as far back as the Middle Ages, written greetings only began appearing during the 1400s. The first commercial Valentine's Day greeting cards produced in the U.S. were created in the 1840's by a woman called Esther A. Howland. And today, according to the Greeting Card Association, an estimated 1 billion Valentine cards are sent each year. And Valentine's Day is not just celebrated in American but also, in Canada, Mexico, Britain, France and

Australia. Lot's of chocolates and roses I would say.

As I was researching the "why's" of Valentine's Day, I began to wonder why in the world we must take just one day a year to let people know just how we feel about them.

Affection, gratitude and endearment are a part of every day living and it is so important to express them openly and without shyness. It's important to the health and well being of the one who shows it and generates a response of happiness and contentment from the recipient. So many of us are caught on the frantic ladder of "upward mobility" in our society, we forget the very reason that we are climbing so hard and fast. I believe that most all of our motivation stems from a basic need to be cared for and respected and we have somehow fallen into the trap of searching for that love and respect from our material successes. Unfortunately, we won't find it there.

True love and respect are drawn to a loving heart. Mahatma Gandhi said that we should become the change that we desire to create. And so it is with love. If you wish to be loved you must begin by loving. If you wish to be respected, you must begin by giving respect. What we put before us is what will return to us and it will come back many fold of what we gave. And so as we move into this month dedicated to caring for each other, let's make a pact that we will endeavor to keep love alive in our hearts and minds all the days of the year and not just February 14.

And with all that said, I want to wish each of you a wonderful and loving Valentine's Day.

## 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](http://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, February 18 from 6:30PM to 8:30PM. Fee: \$20.00  
Where: Align Studio, Tarzana

*Workshops fill quickly. You may register on line at [devin777@earthlink.net](mailto: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**

Look in your salad. It's an antioxidant! A phytochemical! An omega-3! Disguised as mild mannered fruits and vegetables, these harbingers of good health battle heart disease, wage war against cell-damaging

free radicals, and rid your body of cancer-causing agents. But what exactly are these nutritional superstars? Why are they so good for you and how do they work? Here's the scoop on five powerful performers.

### ANTIOXIDANTS

**What are they?** Remember when that sliced apple turned brown before you had a chance to eat it? By cutting the fruit, you exposed it to air, allowing oxygen to react with chemicals under the skin and cause discoloration. But Vitamin C or ascorbic acid is one of many antioxidants – compounds that combat oxidation and prevent damage to cells.

**How they work.** Every cell in your body requires oxygen for normal metabolism. However, some of the byproducts are harmful free radicals, highly reactive molecules that attack nearby molecules whether carbohydrate, protein, fat or even DNA. Environmental toxins like pollution and smoking also cause free radicals. Antioxidants protect molecules by reacting with free radicals before they have a chance to strike. Too few antioxidants may lead to chronic diseases like heart disease and cancer, as well as premature signs of aging. It is true that exercising also produces free radicals. But research suggest that unless you're an ultra-endurance athlete for whom training is practically a full-time job, the health benefits of an active lifestyle greatly out weight the possible damage of exercise related oxidation. Fact is, exercising regularly and eating a balanced, nutrient-rich diet is the best defense against free radicals.

**Where to find them.** Fruits, nuts, vegetables and whole grains are loaded with antioxidant vitamins C, E, and beta-carotene, the mineral selenium and antioxidant phytochemicals such as lutein, lycopene, polyphenols and indoles. Coffee, tea, berries, pomegranates, broccoli and wheat germ are just a few good choices.

### PHYTOCHEMICALS

**What are they?** They may sound like they're bad for you with names like isothiocyanate, carnosol and ellagic acid. Yet these are just some of the thousands of naturally occurring disease fighting chemicals in the plants we eat – fruits, vegetables, herbs, spices, whole grains, beans, nuts and seeds. Phytochemicals

(from the Greek word “phyto” meaning plant) protect their host plant from infections and microbial invasions while providing color, aroma and flavor.

**How they work.** Researchers have identified several ways phytochemicals guard us from cancer. Some phytochemicals are antioxidants. Others stimulate enzymes that detoxify cancer-causing agents before they have a chance to damage cells. Certain phytochemicals aid enzymes that block the activation of carcinogens. Others impede the ability of cancer cells to spread and some even cause them to self-destruct. Phytochemicals help fight other chronic diseases as well. A phytochemical in apples and onions, quercetin, is linked to decreased rates of heart disease and type 2 diabetes.

**Where to find them.** Eat a rainbow of fruits, vegetables and other plants. Since many of the phytochemicals that give foods their protective nature also provide color it's important to eat from the full color spectrum.

## ESSENTIAL AMINO ACIDS

**What are they?** Amino acids are the building blocks of protein. There are 20 amino acids important in human nutrition. The essential amino acids (EAA) are the nine the body can't produce on its own, so you need to get them from your diet.

**How they work.** If you were missing any of the EAA, your body wouldn't be able to synthesize necessary amounts of protein. This would affect every aspect of your health, as proteins are required not just for building muscle but also for fighting infection, clotting blood, transporting nutrients, maintaining fluid balance and a host of vital functions.

**Where to find them.** Fortunately, it's easy to meet your EAA needs. They're in a wide range of foods, including vegetables, grains, dairy, legumes, meats and fish. Focus on eating a balanced diet and you won't need to single out eggs, meats or protein powders to meet your needs.

## DIETARY FIBER

**What is it?** Fiber is the carbohydrate in plants that our bodies can't digest. Without fiber there would be no crunch in your raw vegetable, no bulk in your salad. Dietary fiber is divided into soluble which dissolves in water and insoluble which doesn't.

**How it works.** Perhaps the most commonly known benefit of a high-fiber diet is preventing constipation. Insoluble fiber increases the weight of stool, which normalizes the frequency of bowel movements and the time it takes to move through the intestines. But fiber does more than make you regular. It also helps decrease your chances of getting heart disease by lowering your blood cholesterol levels. Soluble fiber binds with and removes bile acids from the body. But they're required for digestion, so your system makes more by converting some of the cholesterol circulating in your blood to bile. In addition, studies have found that a diet rich in fiber may help prevent colon cancer. As fiber passes through the colon, it's partially fermented by the beneficial bacteria living there. The byproducts of the fermentation are substances that seem to protect us from cancer.

**Where to find it.** Different plant-based foods have varying amounts of soluble and insoluble fiber. So eat a variety of fruits, vegetables and whole grains to get a good mix of both types. If you rely on fiber supplements, however, you're missing out on all the other health-promoting benefits of wholesome food. Aim for about 28 grams a day or about 14 grams per 1000 calories.

## OMEGA-3 FATTY ACIDS

**What are they?** Omega-3 and omega-6 fatty acids are subclasses of polyunsaturated fats. Both are important in immune function, inflammation, blood clotting, blood pressure and a plethora of other vital chemical reactions.

**How they work.** Scientists speculate that humans evolved on a diet much richer in omega-3 fatty acids than we currently consume. Today's diet has at least eight times more omega-6s than omega-3s. The probable cause is processed foods tend to be devoid of healthy omega-3s and the meat we eat comes from livestock usually raised on corn, which is packed with omega-6s. But because the two types of fats compete for enzymes, an imbalance can wreak havoc on a number of metabolic processes. For example, enzymes convert omega-3 fatty acids into anti-inflammatory compounds, whereas omega-6 fats yield pro-inflammatory chemicals. Your body needs both, but getting too few omega-3 fatty acids

shifts the balance in favor of inflammation. Research suggests that omega-3s also have a role in infant brain development, cognition in the elderly and the prevention and treatment of bowel disorder, heart disease, depression, asthma and more. Of the three omega-3 fatty acids, only ALA is considered essential because the body cannot produce it. EPA and DHA are also critical to your health in quantities greater than your body can make thus, you need dietary sources of all three.

**Where to find them.** You probably get more than enough omega-6s already, so focus on upping your intake of 3s. Snack on walnuts, cook with soy products, soybean oil, canola oil and ground flaxseed to meet your ALA needs. EPA and DHA come from the sea. Enjoy salmon (wild only) sardines, tuna, herring, mackerel bluefish and trout.

## Did you know....

A report released by the Food and Drug Administration (FDA) last June called for restaurants to put more milk on their menus. In particular, it encourages more fast food restaurants to offer more low-fat and fat-free milk products with children's meals. Good idea? On the face of it, you would think so. It's obviously desirable that kids drink less sugary, calorie-laden soft drinks. However, replacing them with hard-to-digest milk -- which, contrary to what the dairy industry would have you believe -- is *far* from the ideal way to boost dietary sources of calcium.

To learn more, I contacted Loren Cordain, PhD, a professor in the department of health and exercise science at Colorado State University and author of [The Paleo Diet](#) (Wiley). He told me that more and more health and nutritional professionals are concerned that milk and dairy consumption presents numerous risks for disease. He believes the take-home message for good health should instead be to eat more fresh fruits and veggies.

MILK IS DIFFICULT TO DIGEST

*This should give us a clue:* The American Academy of Pediatrics does not recommend giving it to infants under one year. Babies have plenty of the enzyme (lactase) to digest mother's milk and cow's milk. The problem is that early introduction of cow's milk increases the risk for a number of autoimmune diseases and contains a nutrient profile quite different from mother's milk, including key hormones and proteins that are alien to human babies, explains Dr. Cordain. It doesn't get much better for adults. Approximately 70% of the world's population lacks the enzyme (lactase) to digest the sugar (lactose) found in milk, added Dr. Cordain. When milk or dairy is consumed by these people, this can result in nausea, bloating, cramps, diarrhea and gas.

NOT THE BEST SOURCE OF CALCIUM

Many people believe that drinking milk is the best way to take in calcium, an essential mineral for building and maintaining bone health. *But consider this paradox:* Even though the US numbers among the largest consumers of milk and milk products, we have one of the world's highest rates of osteoporosis. The problem remains primarily with absorption, observes Dr. Cordain. Better calcium-rich alternatives include collards, turnip greens, broccoli, and canned salmon or sardines with edible bones.

MORE MILK EQUALS MORE WEIGHT

In the last few years, the dairy industry, including the National Dairy Council, has spent millions of dollars promoting the idea that milk can help you lose weight. Not so, according to a recent study conducted by researchers at Harvard Medical School -- the more milk children drank, the more weight they gained, and those who drank more than three servings a day were 35% more likely to become overweight after one year. The data also suggested that replacing soda with milk would not provide significant weight loss. A better alternative is to skip the soft drinks, cut back on the milk and opt for water.

COW'S MILK BETTER LEFT TO CALVES

Cow's milk has been implicated in a wide array of health concerns, from acne to obesity to cardiovascular disease to prostate cancer. What's behind the recommendations from the FDA-commissioned report, "The Keystone Forum on Away-From-Home Foods," that was produced by the Keystone Center, a nonprofit public policy organization? Is it a really strong dairy industry lobbying effort? That's not for me to say. Just know, in spite of the recommendation, cow's milk is best left to the calves. At restaurants, Dr. Cordain advises that we encourage children to skip the milk, skip the chicken nuggets and French fries and instead eat more fresh fruits and vegetables accompanied by a nice, tall glass of water.

## Sleep-Deprived Doctors

Please take the time to read this article. It could save your life or the life of a loved one.

In 1984, a medical scandal erupted when overworked, overtired, young residents failed to properly treat 18-year-old college freshman Libby Zion, leading to her untimely death in a New York City hospital's emergency room. Her father, journalist Sidney Zion, successfully sued, and campaigned vigorously to expose the fatal flaws in the medical education system that contributed to his daughter's death. Partly due to his efforts, the New York State Department of Health issued the "405 Regulations," which limited interns' working hours and increased their supervision. Case closed. Or is it?

Not even close, according to a recent study at Brigham and Women's Hospital and Harvard Medical School in Boston. Lead author Christopher P. Landrigan, MD, MPH, director of the Sleep and Patient Safety Program at Brigham and Women's Hospital, and his colleagues discovered that more than 80% of interns (first-year residents) work hours in excess of what is currently mandated by the Accreditation Council for Graduate Medical Education (ACGME) during one or more months in the year after the rules were introduced. The resulting sleep deprivation and fatigue significantly compromise patient safety.

### ABOUT THE STUDY

Dr. Landrigan and his colleagues set out to see if interns were complying with ACGME work hour limits established in 2003 -- no more than 30 hours in a row and a maximum of 80 weekly hours, averaged over four weeks, with one day in seven (averaged over four weeks) free of duties. It was the hope that this first national effort would be a small step toward safer medical care and healthier resident physicians. Instead, researchers discovered that even these very modest limits were largely ignored.

In a national Web-based survey completed through the Harvard Work Hours, Health and Safety (HWHHS) program, 4,015 interns filled out monthly questionnaires about their work hours and sleep. *Dr. Landrigan and his colleagues found that...*

- An astounding 83.6% of interns reported violations of work hours in the first year following implementation of the standards.
- Shifts longer than 30 consecutive hours were reported by 67.4% of interns.
- Averaged over a four-week period, 43% of interns worked more than 80 hours weekly... 43.7% did not get their allotted one day in seven off from work.
- Interns reported violations during 44% of all months assessed (including months with vacations and outpatient clinic rotations), and during 61.5% of months during which interns worked in hospitals only.
- 29% of workweeks were greater than 80 hours... 12.1% were equal to or greater than 90 hours... and 3.9% were equal to or greater than 100 hours.

This study was reported in the September 6, 2006, issue of the *Journal of the American Medical Association* (JAMA).

### WHY THE HIGH RATES OF NONCOMPLIANCE?

Dr. Landrigan speculates that there are two basic reasons for the high rates of noncompliance. *These are...*

- **Economics.** The upfront cost of changing residency programs can be significant to individual programs, says

Dr. Landrigan. Of course weighing the cost of restructuring against the hidden cost of poor performance, safety problems and medical errors would probably pay for itself in the long run. But without any incentive or push from regulatory authorities, institutions are unlikely to take on the costly short-term investment.

- **Culture.** Frighteningly, despite many research studies on the health benefits of sleep, many older physicians still don't believe that fatigue is a problem, observes Dr. Landrigan. They were successfully trained under the old system of long, grueling hours 20 or 30 years ago, so why change?

The reality is that the world is a different place today, says Dr. Landrigan. Hospitals used to grow quiet at night, and interns could get some sleep. Now they are busy 24/7, and interns squeeze in an average of only 2.6 hours of sleep per night, which induces a level of impairment of motor performance and vigilance equivalent to that of consuming three shots of liquor.

#### A CONFLICT OF INTEREST FOR REGULATORS

Since residency programs are not complying with regulations, one would expect the ACGME to do something about it. But one of the most fascinating aspects of the study was how its figures compared with those of the ACGME. In contrast to the 84% of interns who were not compliant with work hour limits in Dr. Landrigan's research, according to the ACGME's official data only 3% of residents and 5% of residency programs violate the standards. 3% versus 84%? What's going on here?

Dr. Landrigan explained that ACGME and the Harvard researchers used different methodologies. Dr. Landrigan and his colleagues asked interns to report their work and sleep hours, and added up the numbers themselves. In contrast, the ACGME simply asks interns outright if they are in compliance or not. Since the ACGME is a regulatory body with the power to shut down a program if it is not in compliance, there is a distinct disincentive for anyone to report violations. This is an obvious conflict of interest and flaw in the system, observes Dr. Landrigan.

#### THE GOAL -- FEWER HOURS AND FEWER ERRORS

According to the Institute of Medicine, as many as 98,000 people die in hospitals each year from preventable medical errors, and more than a million patients may suffer non-fatal injuries. Exhausting marathon shifts put everyone at greater risk, from patients to doctors to the general public, warns Dr. Landrigan. Interns who work more than 20 consecutive hours are more prone to fatigue, lapses in concentration, medical errors and -- according to a companion piece published in the same issue of JAMA -- occupational injury, in the form of needle sticks and lacerations by sharp instruments. Earlier research demonstrates that they are also twice as likely to have a car accident driving home -- hence the danger to the public and themselves.

Dr. Landrigan points out that the current guideline of 30 consecutive hours -- which interns are exceeding -- is in itself excessive, as it contributes to a virtual epidemic of medical errors. He told me that in Europe the limit is 13 consecutive hours, and in New Zealand 16. Here in the US, there is a limit of eight consecutive hours in aviation and 11 consecutive hours in trucking. Yet we continue to be treated by exhausted residents often working 30 or more hours at a clip and managing to squeeze in on average only 2.6 hours of sleep a night.

To implement work hour limits effectively, it will be necessary to develop a national monitoring system more sensitive to detecting violations, and an increased number of enforcement modalities that will better encourage residency programs and hospitals to comply with the limits.

If we are to begin addressing the epidemic of medical errors in this country, we must begin by establishing and enforcing safe work hour limits for our doctors, concludes Dr. Landrigan.

#### PROTECTING YOURSELF

Of course, after speaking with Dr. Landrigan the question for consumers is how best to protect themselves. He told me that patients would be well-advised to be aware of the sleep deprivation issue, adding that in general, asking questions of the physician tends to lead to better care. It is entirely appropriate to ask how much sleep one's physician has had in the prior 24 hours. If the answer is less than four hours, then that physician is likely to be performing suboptimally. If the answer is less than two hours, the physician is likely to be significantly impaired. Having a family member or friend present can make asking these questions easier, and he/she can also help make sure that other aspects of care are carried out safely (for example, safe

administration of medications, safe performance of procedures, etc.).

A difficulty with patients advocating for more alert physicians in the acute setting is that the practice of scheduling interns and residents to work marathon 30-hour shifts is so widespread that, in the middle of the night, it is unlikely that there will be an alternative provider available who is better rested. In some respects, the best thing that consumers can do to improve safety related to physicians' work hours is to begin advocating for change when they are not sick. The system needs to change urgently, and the voices of patients encouraging rational changes will be critical.

---

## How to Always Win

*(This is a reprint of an article by Carole Jackson, Bottom Line's Daily Health News. When I read it, I found it very insightful and thought it would benefit anyone who read it and so I have included it in this month's newsletter.)*

A stellar characteristic of Americans has always been their ability to compete, indeed to win. This zeal to achieve has accomplished many wonderful things for our country and its citizens, including major medical discoveries, unparalleled economic success, even liberty itself. But after the extremely negative campaigning of the recent elections, and the endless nightly debate about whether or not we are winning the war on terror and who's to blame for what's right or wrong in our country, I can't help but ask if our need to compete has gone awry. It doesn't seem to be enough any more to succeed. What worries me is people's need to take it a step further to prove they are right, and sometimes, to prove they're right no matter what. You can be sure that a win-at-all-costs attitude does not contribute to good relationships on a global scale or, as concerns me here, to personal relationships, which are, after all, the bedrock of a person's emotional and physical well being.

For insight on this painful problem, I talked with Lauren Zander and Meredith Haberfeld of Handel Group Private Coaching ([www.handelgroupipc.com](http://www.handelgroupipc.com)). Lauren points out that in every conversation, people have an agenda. It might be to inform, to amuse, to get to know each other better or just to pass the time -- there are lots of reasons for verbal exchanges.

But when the agenda includes *ensuring* that you are right, by definition it means establishing that the other person is wrong. There isn't a conversation in the world that doesn't ultimately come to a screeching halt if one or both parties have the attitude that "I am right, you are wrong, now get used to it." This is incredibly destructive to any relationship -- in the Middle East, in the workplace, with your in-laws, or in the bedroom -- because it slams the door on any real possibility for a dialog. In fact, Lauren says the battle to be "right" is at the base of all dysfunction, be it wars between countries, conflicts at work or closer to home -- marital or parent-child conflicts.

## WHAT IS FACT?

There is a simple truth at play here. It is possible to be right -- look out the window and if you see water falling from the clouds you can rightly announce it is raining... or that the sun is shining... or that it is night or day. While some philosophy students may debate this, obvious facts of this nature fall neatly into a right/wrong category. But just about everything else in the world is far more complex and dwells in the world not of black and white, but of gray. This is the realm of relativism, says Lauren, which means that what is right to me is shaped by my point of view and isn't necessarily right to the other person. Meredith explains that often our own point of view is shaped by misunderstandings or misinterpretations that we assume to be hard fact. If you want a relationship to work, she continues, the most important thing you can do is understand that virtually every thought and opinion you have is based on personal perception, not on fact.

Couples may argue that one spouse was being rude or unfair but the so-called offending spouse doesn't see it that way. In fact, that person no doubt thinks the other one was being unfair. Perspective is behind the difference and determines why you both think you are right.

It is crucial to understand and accept that your perspective is not fact and that both parties have a valid point of view. This is how contradictory opinions can exist in a relationship without causing disharmony. The problem is that most people are invested in their own interpretation and perspective and are disinterested in the other person's. Deep inside, people believe that by making themselves right and their "opponent" wrong they'll "win," but this form of winning is not necessarily the key to happiness or success. Once people are willing to accept the existence of contradictory "truths," it changes the dynamics of the discussion because no one is any longer trying to win. Lauren calls this insistence on being

right a manipulation, which is a common human trick. People dress their opinion up in self-righteousness -- you have to accept what I am saying because I am right! I am reminded of a couple I know who have different religious beliefs. When he tries to open her thinking to even entertain the idea that others see things differently, she responds "but I know I am right." That ends the conversation -- and much to her frustration, ends her attempts to convert him and win.

#### SEEKING A NEW DEFINITION OF VICTORY

While the need to win creates continuous and deep-seated relationship dilemmas, it is possible for anyone to pull out of this emotional quagmire and, in so doing, immediately improve interactions with others -- including with those who are closest to you. It is no longer about having one person right and one wrong. Rather, Meredith explains, it is listening to each other's "truths" completely so you have all version(s) of the situation and accept that another person can have a different opinion. *Here is what Lauren advises to make this important change...*

- **Accept that most discussions,** including yours, are not based on fact but rather on a relative point of view.
- **Always evaluate if you are discussing fact** (weather, the time, the color of your new car, etc.).
- **Ask yourself if you are treating your platform** as fact when it is actually your opinion (and if your discussion has become a battle, you can be sure opinions are the subject).
- **Frame your conversation in words** that convey not "this is how it is," but rather, "when you said this, what I meant was..." or "this is how it seemed to me" -- in other words, that you accept that your "truth" may be based on important misunderstandings that you believed to be true, and that each view of the situation as it was or is, not as an absolute truth.
- **After someone speaks and shares** their point of view, before you give yours, first say theirs back to them so they feel heard and understood. And be open to correction, because if you say something that didn't accurately capture

their perspective, they should make sure you get it correctly.

#### CHANGE ONLY TAKES ONE

You may now be thinking that this is great for you, but what about the other guy? If he won't change his position, what good will this do? Take heart -- Lauren observes that when one person assumes responsibility for accepting that his/her perspective is relative and understands that aiming to "win" leaves everyone as losers, it is sufficient to turn a discussion around. You have put one fact on the table and that is there are two different points of view going on. Who can argue with that? You allow the other his/her right to his view of the truth -- but you also claim the right to yours. This acceptance surpasses the need to win, allowing a peaceful negotiation of the situation -- if not immediately than in the near future... and that is truly winning in a far more constructive way.

---

#### Mastectomy recovery:

If you know anyone who has had a mastectomy, you may know that there is a lot of discomfort and pain afterwards. Insurance companies are trying to make mastectomies an outpatient procedure. Let's give women the chance to recover properly in the hospital for 2 days after surgery There's a bill called the Breast Cancer Patient Protection Act which will require insurance companies to cover a minimum 48-hour hospital stay for patients undergoing a mastectomy. It's about eliminating the "drive-through mastectomy" where women are forced to go home just a few hours after surgery, still groggy from anesthesia and sometimes with drainage tubes still attached. Lifetime Television has put this bill on their web page with a petition drive to show your support. Last year over half the House signed on. Please, sign the petition by clicking on the web site below. It takes just a few seconds to do this and is very important...please take a moment to make our voices and choices heard. This is not a time for silence. You need not give more than your name and zip code number.  
[http://www.lifetimetv.com/health/breast\\_mastectomy\\_pledge.html](http://www.lifetimetv.com/health/breast_mastectomy_pledge.html) This takes about 2 seconds. Please pass this on

to your friends and family, and  
on behalf of all women, thank you.

---

---

## *Tidbits*

**EVENT: 2007** is the year that Rishi will begin our annual Spring celebration and feast. Join us for dinner this year on Sunday, March 4 at Anarbagh Restaurant at 22721 Ventura Blvd. (between Shoup and Fallbrook) in Woodland Hills. We will be served at 8:00PM and you have a choice of fish, fowl or vegetarian entrée. The cost of the evening is \$25.00 per person which includes tax and tip. You are welcome to order cocktails or wine and that charge is NOT included in the \$25.00. The seating is limited so please reserve early (payment to be made at the time of reservation) to assure a space. Reservations close February 21. You may reserve for yourself and one guest if you wish. Reserve by return email with subject line "Spring Feast".

A calorie is a measurement of energy. One calorie equals the amount of heat needed to raise the temperature of a gram of water 1 degree Celsius. A human being gains one pound of fat for every 3,500 calories they don't burn. So whatever diet is the diet of your choice, losing weight all boils down to calories in, calories burned and calories left to turn to fat.

At least 90 million toilets will be flushed during the Super Bowl – enough water to flow over Niagara Falls for 3 minutes.

Source: Scott Tissue and Towels

Eating processed meat may increase your chances of developing stomach cancer. About once ounce per day increases risk as much as 38 percent so go easy on bacon, pastrami, corned beef, sausage, salami, ham, hot dogs and other meats cured, smoked or containing nitrates.

Source: Journal of the National Cancer Institute

Acid reflux is believed to affect as many as 58 percent of athletes. The problem is that exercise may decrease the pressure of a valve that blocks acidic stomach contents from splashing up into the esophagus. If you

suffer from exercise-induced reflux, keep a food diary. Possible triggers include alcohol, citrus fruits and juices, tomato-based foods, carbonated and/or caffeinated beverages, coffee, chili powder, chocolate, garlic, oregano and mints.

Source: Fran Claps, M.Ed., C.S.C.S.

So many of you have asked for me to write my "soup" recipe in the newsletter so here it is...

Wash REALLY WELL two leeks and slice into thin rounds. In a large sauce pan, sauté the leeks (white and green parts) in some olive oil. Add to that any root vegetable (fennel, celery root, potatoes, yams, parsnips – anything like that). It's really better just to use one vegetable with the leeks rather than several. The flavor is just better somehow. Peel the vegetable and cube it into small little cubes (smaller than sugar cubes). Don't allow the veges to get browned. Keep stirring them occasionally. Salt and pepper to taste. Then add either chicken or mock-chicken broth. (Mock-chicken broth comes in a powder from the bulk section of Whole Foods.) Let the soup simmer until the vegetables are soft and then turn it on low and let it cook until the liquid reduces a little bit. Let it cool and toss all the veges in the blender along with a couple of cups of the liquid. Blend it until it's smooth then pour it back into the pan with the rest of the stock. Stir it up, heat it up and eat it up ☺ I used potatoes and leeks last night and writing this recipe has made me so happy that I have a big pot of soup waiting for me in my fridge. Yum!

We eat more vegetables on Super Bowl Sunday than wings and chips.

Source: NPD Group/National Eating Trends

Get an accurate blood pressure reading in the doctor's office by sitting quietly for five minutes on a chair with feet flat on the floor and your back supported, rather than sitting on the examination table. Older people who sat in a chair for five minutes before their blood pressure was taken had systolic readings 14 points lower than those who sat on examining table.

Source: Melly Turner, RN, University of Virginia Health System, Charlottesville

When you purchase pre-packaged carrots, take them out of the plastic bag before you

refrigerate them. When enclosed in plastic, the carrots release terpenoid, a chemical that reduces their sweetness, toughens their texture and causes them to be bitter.

Source: First Magazine

Eastern color healers say that wearing orange or gazing at an orange object makes us feel better immediately. The color causes the brain's pineal gland to release endorphins which increase feelings of overall well-being.

Source: First Magazine

Stress and other factors are depleting our levels of vitamin K. This nutrient is essential for making osteocalcin which acts as a glue that binds calcium to bones. We can make sure we are getting enough vitamin K by eating daily servings of dark leafy greens such as kale or spinach.

Source: Jane Lukacs, PhD, researcher, University of Michigan, Ann Arbor

Schedule your hospital stay wisely. New interns, residents and medical school students begin assignments at teaching hospitals in early July. If possible, postpone elective procedure until a different time, when young medical professionals have more experience. When having surgery, always ask how many times the doctor has performed this exact procedure. You want someone who has done it hundreds or even thousands of times. If the procedure is rare, you at least want a surgeon who performs it dozens of times per year.

Source: David M. Sherer, MD, Falls Church Ambulatory Surgery Center, Falls Church, Virginia

Vitamin C helps you burn more fat when you exercise. In a recent study, people who took 500 milligrams of vitamin C daily burned 39% more fat when exercising than people who took less. Since it is difficult to get

enough vitamin C just from fruits and vegetables, take a vitamin C supplement to be sure you get a least 500 mg per day.

Source: Carol Johnston, PhD, professor and chair, department of nutrition, Arizona State University, Mesa

What is a germ? A germ is a microorganism, such as a virus, bacterium or protozoan. Some germs help the body produce vitamins, aid in digestion and enable the immune system to work efficiently. Other germs cause disease. Germs, which can live on surfaces for minutes to days, can be transmitted through direct contact, such as sneezes and coughs or indirect contact, including touching a contaminated doorknob. And always close the toilet lid. Flushing an older toilet with the lid up can hurl droplets of water that contain fecal matter (and potentially other disease causing organisms) up to 20 feet! The droplets can then contaminate toothbrushes, combs, faucets, etc. The risk for disease is even higher if the bowl isn't cleaned regularly. Among several of the diseases that can be transmitted by fecal matter from an infected person are stomach flu and hepatitis A.

Source: Philip M. Tierno, Jr., PhD, director of clinical microbiology and immunology, New York University Medical Center

### ***How can you live without knowing these things ☺***

Cats have over 100 vocal sounds, dogs only have about 10.

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](mailto: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