

Rishi Yoga Institute

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Devin Morgan, Director

March Yoga Newsletter, 2007

Quote of the month: *Whether you think you can or you think you can not, either way...you are right.*
Henry Ford

Welcome to March, the month that brings the first day of spring and daylight savings time. The temperatures warm and the days begin to grow longer and we have daylight for more hours. It's a time for new birth all around us and as we participate in the wonder of brand new life, let us commit to ourselves to create more personal growth on our own individual journey. As winter leaves us, we take off our coats and scarves and move about in light, comfortable clothes. Make a commitment to yourself to move about in a light and more comfortable Spirit. Believe in your dreams and move forward one step at a time. What an amazing time we are living in right now. Keep your eyes on the positive aspects of life and open yourself to receive all that is waiting for you.

I've mentioned the film "The Secret" in class in the last few weeks. It's a very old tale told in a very inspiring way. The lessons are not new but a wonderful reminder that where we put our attention is exactly what receives our attention. Tony Robbins says that people spend about 80% of their time thinking about their obstacles and about 20% of their time thinking about the solutions. Is it any wonder that the problems escalate and the solutions become even more out of sight? Let us step into the intention of turning that around, taking our mind from the quicksand of problems and obstacles and directing our thoughts to our goals one step at a time. I think the gist of the film is that what we think about, we become. Do we think positive, up-lifting thoughts or do we dwell in a place of discomfort both mentally and physically? I would recommend watching the film to anyone who needs a little boost along their path.

In April, I will begin a success in abundance workshop. The workshop will be a six month journey with meetings held twice in the first month and then once a month thereafter. We will meet at Align Studios in Tarzana and the workshop will be donation only. There will be

homework to help us all attain our goals and keep us on track. I have not planned the dates yet. I want first to see if there are enough people interested in doing it. It will take a six month commitment and a sincere wish to change your life right now. You will be able to use the tools you receive for success in any avenue of your life. If you have an interest in joining, please email me at devin777@earthlink.net

One of my personal goals for the next six months is finding a new residence. If anyone knows of a house, town house, apartment or guest house that offers peace and tranquility, please let me know. I really don't care about the location. I drive all the time any way so a few more minutes in any direction won't matter one way or the other. All I care about is the comfort level of the dwelling.

April will bring the spring workshop calendar. This year there will be two Pranayama workshops. One for basics and one for more advanced practitioners. The bi-annual Woman's Workshop will also be presented. A Beginner Workshop will offer the new student to yoga a complete understanding of foundation, form and benefit of the basic yoga postures. (If you are new and wish to take the Beginners Workshop, I would recommend the Pranayama Basics first). And this year I will be adding a workshop highlighting the immune system, what it actually is and how do we keep it working at the optimum level. And last but not least, The Chakras as they relate to the endocrine glands. So, keep your eyes open for the April Newsletter with the workshop schedule. I will also hand out flyers in the classes.

Recently there has been a very low turnout at the 6:30PM Friday evening Align Studio Yoga class. I will continue the class through the month of March however, if the attendance does not pick up, it will be cancelled in April. Please check

the class schedule in the April Newsletter to make sure the class is still in session.

So as the warm, beautiful spring days settle around us, take to the hills. Hike. Go to the beach and take long walks in the sand. Go to Descanso Gardens in Pasadena. It is absolutely gorgeous there at this time of year. Let's all take complete advantage of this very special time of the year and make it a resolution to be outside as much as possible.

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 September, 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 fills quickly 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, March 11 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

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

Let's talk fat. And, all fat is not created equal. Abdominal fat, especially the visceral fat stored deep inside, is much more dangerous than the flab on your hips, butt or thighs. The reason is location. Think of it this way, your liver and pancreas are like apartment buildings – they're efficient, well-oiled machines that have been there forever. Belly fat is like the loud, disruptive neighbor who buys the building next door and turns it into an all night dance club and lets the whole place go to seed. Before you know it, there goes the whole neighborhood.

But this toxic fat doesn't have to take up permanent residence beside these vital organs. Ground breaking research shows that exercise may be the key to blasting it off your belly. (Where have you all heard that before?) People who lose weight without exercise take the off the pounds but don't reduce fat-cell size. People who lose weight AND exercise reduce fat-cell size by approximately 18%. Generally, the greater the fat-cell size, the greater the amount of abdominal fat. Good news is when you start working out and reducing calories, toxic abdominal fat may be the first that you shed.

There are three layers to our outer abdominal wall.

1. Subcutaneous fat is right beneath the skin. It is commonly found in the buttocks, hips and abdomen. This fat is neither necessary nor healthy. It's also significantly more dangerous when it is in your abdomen because it can adversely affect your internal organ.
2. Muscle is the next layer. More muscle means you burn calories faster which helps with weight loss. Muscle is more dense and compact than fat and gives you a lean, strong body.
3. Visceral or "Toxic" fat is found deep in the abdomen. It has access to your portal circulation, the highway of blood vessels around your organs and it likes to hop on. This can affect your liver's ability to manage cholesterol, increasing your risk of

heart disease. It also causes insulin, the hormone responsible for storing fat, to become less effective making you more susceptible to diabetes. Studies have also linked excess visceral fat to an increased risk of breast cancer although experts do not fully understand the connection.

What can we do to alleviate the visceral fat? One thing is to stop eating “trans fats”. What is a trans fat? An easy way to think about it is just avoid any oil that has been tampered with. Hydrogenated oil is a trans fat that is used in fast foods, donuts, etc. Margarine is a trans fat. Research now tells us that actually, margarine is worse for us than butter. (Doesn't make butter GOOD for us, just better than margarine). No one has come up with a definitive reason why trans fats go straight for the abdomen but one theory is that the body doesn't know what to do with this man-made fat and the abdomen is a quick place to store it. Another theory is that trans fats interfere with insulin and its job to distribute fat throughout the body. The American Heart Association recommends eating as little trans fats as possible, less than two grams a day. Remember that ALL fried foods have trans fats. Heating any oil changes the chemical structure of it, leading to and excess of trans fats.

Start working out and keep it up. Hate those twisting bicycles? Buck up and do them anyway. And don't give up eating all fats. Healthy fats such as avocado, olive oil and nuts can slash a woman's risk of heart disease by 33% according to a new Harvard Health Study. Also, don't skimp on sleep. A study on obesity at Columbia University medical Center showed that individuals who slept five hours a night were almost twice as likely to be obese as individuals who got seven hours sleep. Lack of sleep can add to your hunger because it knocks the appetite regulating hormones leptin and ghrelin out of whack so you crave sweet, salty snacks. And it can increase the stress hormone cortisol, which may be associated with abdominal fat.

Have realistic diet goals and respect and honor your body. Do things that make you feel good and that are good for you. Take a walk. Treat yourself to a massage. Before

you know it, that extra ab flab will be nothing but a fleeting memory.

Source: Fitness Magazine, March 2007
Research, Wake Forest University
Pamela Peeke, M.D. assistant professor of medicine, University of Maryland
James Gangwisch, PhD, Columbia University Medical Center

Did you know...

Researchers analyzed dietary and eye data for 3,377 people ages 60 to 80 over an eight year period in cataract research. The result was that people who ate more white bread, sugary foods and other foods high on the glycemic index (a measurement of how quickly a food boosts blood sugar levels) were 29% more likely to develop cataracts than those who consumed less of these foods. Their theory is that high GI foods damage the eye lens by exposing the tissues to higher sugar levels than low GI foods.

Source: Chung-Jung Chiu, PhD. Assistant professor of ophthalmology, Tufts University School of Medicine, Boston

Researchers analyzed the dietary intakes of 1,574 lung cancer patients and 1,735 healthy controls over an eight years period. The results showed that men who ate the most foods rich in plant chemicals known as phytoestrogens, such as soy products, grains, fruits and vegetables, were 46% less likely to develop lung cancer than those who ate the least. For women, lung cancer risk was reduced by 34%. The theory is that phytoestrogens may inhibit lung cancer by binding to estrogen receptors (molecules that stimulate cancer cell growth in the presence of estrogen hormones (in men and in women).

Source: Matthew Schbath, PhD, assistant professor of epidemiology, University of Texas School of Public Health, Houston

Elastography is an experimental ultrasound test to measure how easily breast lumps compress and bounce back which helps to distinguish benign from malignant lumps. If larger studies confirm the test's accuracy, it could reduce the need for anxiety producing and costly biopsies.

Source: Northern Ohio Universities

According to a new study in the British Medical Journal, health-care providers can perform pelvic exams without having women put their feet in stirrups. Instead, you'd lie on the exam table, place the feet on its edge and let the knees fall to the side. The research showed that women who undergo and exam without stirrups felt significantly less uncomfortable. The next step is to convince health-care providers to use the new technique. Physicians who have never done an exam without stirrups think the cervix isn't as well exposed, making it more difficult to get a good sample and that just isn't true. In the meantime, to get your gyno to ditch the stirrups, just ask.

Source: Dean Seehusen, M.D., Eisenhower Army Medical Center, Fort Gordon, Georgia

The most important information you can store in your cell phone is the acronym I.C.E. which stands for "in case of emergency", followed by the name and number of a person who knows your medical history. The American College of Emergency Physicians says everyone should do this, yet a recent survey of 423 ER patients found that only 26 had emergency numbers in their phone books. Staff and paramedics check the patient's cell phone whenever someone is brought into the ER alone so take a moment and make sure there is a number in your cell phone book for them to call in order to contact someone for you.

Source: Dennis McKenna, M.D. medical director in the department of emergency medicine at Albany Medical Center, N.Y.

Here's some interesting data on exercise trends in the last 5 years...

Yoga is up 89% (There are approximate 1.7 million people doing yoga in America)

Elliptical is up 144% (2.2 million Americans use the elliptical)

Rowing Machines are up 50% (0.6 million Americans row)

Bicycling is up 33% (1.2 million Americans bicycle)

Resistance machines are up 22% (4.4 million use resistance machines)

Now, here's the down side...

Calisthenics (Aerobics, step, etc.) are down 26% (3.5 million still do impact exercise)

Cardio Kickboxing is down 29% (0.7 million do cardio kickboxing)

Badminton is down 33% (0.4 million play badminton (did you know there was an "n" in the

word badminton? I didn't))

Racquetball is down 75% (only 0.1 million play racquetball)

Source: Fitness Magazine, March 2007

An injection of your own blood platelets (red blood cells) into the tendon of the elbow might just be the most effective way to treat tennis elbow. Research has shown that patients with ongoing elbow pain got a shot of their own plasma, their pain diminished by 60% compared with just 16% for those who got an injection of a local anesthetic. Blood platelets contain compounds that encourage cell growth needed to repair damaged tissue.

Source: The American Journal of Sports Medicine

Tidbits

The cancer fighter in your kitchen... Eating about 3 ounces of onions (cooked or raw) a day can reduce your risk of ovarian cancer by 73% and colon cancer by 56%.

Researchers suspect the protective effect is due to high levels of antioxidants.

Source: American Journal of Clinical Nutrition

Today the average American drinks 24 gallons of bottled water a year, ten times more than in 1980.

Source: AARP magazine

Eating walnuts with a meal high in saturated fat may limit damage to your arteries. The walnuts preserve the arteries' elasticity because they contain an amino acid that the body uses to make nitrous oxide, which helps blood vessels expand. 8 raw walnuts are enough to do the trick so don't over do.

Source: the American College of Cardiology

More **ALLERT** on trans fats...In a research program at Harvard Medical School over an 8 year period, researchers examined data for 41,518 women and found that for every 1% increase in the portion of calories from trans fat the women ate resulted in a 1.7 pound weight gain. So here it is another way, A woman who eats 6 percent of calories from trans fat (that's 120 calories in a 2,000 calorie diet) would be 12 pounds

heavier after 8 years than a person eating the same number of calories with no trans fat.

Source: Researchers, Harvard Medical School

All right, I know you won't believe these figures but they are accurate. In 1960 the average American woman weighed 140 pounds. Today she clocks in at 164. And I don't have the exact weight changes for men but I'm sure it's right along with the ladies. Now, here's the thing we don't think about...fuel consumption and weight gain. And I don't mean food as fuel, I mean gasoline as fuel. Read these statistics and be amazed.

In 2006 compared to 1960
938 million extra gallons of fuel cars consume per year
2.2 billion dollars extra money spent on fuel for cars per year because of weight gain

In 2006 compared with early 1990s
350 million extra gallons of fuel airplanes consumed per year because of weight gain
275 million extra dollars spent per year on plane fuel because of weight gain

Source: University of Illinois
Center for Disease Control

Keeping a steady weight for 5 years gives people stronger immune systems. Weight fluctuations seem to impair the body's ability to produce infection-fighting cells.

Source: Cornelia Ulrich, Ph.D., Journal of the American Dietetic Association

A little more about visceral fat... You raise your risk of heart disease if your waistline is greater than 32 for women and 35 for men. Excess abdominal fat can create dangerous hormonal changes that contribute to high blood pressure and cholesterol.

Source: Elizabeth Bower, M.D., Oregon Health and Science University

When you are inactive longer than 2 days after a workout, the calories normally burned during exercise start to be stored as fat. Fat cells in lab rats can increase in size by 25 percent after 48 hours of missed workouts.

Source: Frank Booth, Ph.D., University of Missouri, Columbia

You should be able to squeeze 50 pounds of pressure with one hand. This is a key indicator of your overall muscle strength and may be a sign of how likely you are to develop osteoporosis. Studies suggest that people with a strong grip have denser bones and a lower risk for spine and hip fractures. To measure your grip strength, squeeze a device called a hand dynamometer available at some gyms in the area.

Source: Elizabeth Bower, M.D., Oregon Health and Science University

Avocados get a bad rap but according to research, the cholesterol-lowering monounsaturated fat in these green health bombs can help keep your body strong and pain free. Competitive runners who ate less than 20 percent fat were more likely to suffer injuries than those who consumed at least 31 percent. The problem linked to extreme low fat diets is the weakening of muscles and joints.

Source: Leslie Bonci, R.D., Director of Sports Medicine, University of Pittsburgh Medical Center

After a sweat out at the gym or on the court or on the trail, the best way to rebalance the fluid in and around the cells and make sure the muscles contract as they need to is to eat a small baked potato with about 1,100 milligrams of salt (about 4 shakes). It's the perfect recipe for electrolyte replacement (sodium and potassium).

Source: Leslie Bonci, R.D., Director of Sports Medicine, University of Pittsburgh Medical Center

For those of you who would like to read past newsletters, they are on my website, www.Rishiyogainstitute.com

How can you live without knowing these things 😊

Our eyes are always the same size from birth, but our ears and nose never stop growing.

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

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