



THE CARDIAC FITNESS ASSOCIATION

Supporting the cardiac rehabilitation program under the medical direction of Dr. John P. Schaman since 1980.

THE PULSE - Winter 2020

FROM THE PRESIDENT'S DESK
CONNIE CROSS

A very HEART HEALTHY 2020 to all the CFA members and all your loved ones!

...'UNDO IT'

Dr. Dean Ornish's latest book along with his wife Anne Ornish - how simple lifestyle changes can reverse most chronic diseases.

Of course, we, the members of the Cardiac Fitness Association are quite familiar with the four strands of this program due to our medical director's lifetime dedication towards this end - Dr. John P. Schaman.

Move More, Eat Well, Stress Less, and Love More

The differences are the emphasis placed on the fact that it must become a lifestyle and the importance that Love plays in bringing about the reversal.

I believe this to be the key factor in the reversal program, as it seems Dr. Ornish does as well.

Thank-you to everyone for your support and kindness this past year - 2019. I can't believe that just happened – it's 2020!

It has been a year of introspection and perhaps one of truly realizing the importance of friendships, family, and our mortality.

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A few words from the Doc'

As you know, we perform stress tests yearly, to monitor cardiac status, hoping to document improvement in aerobic endurance (cardiac fitness) exercise capacity. At the same time, we hope not to find any new myocardial ischemia, the condition where the heart muscle starves for oxygen, caused by arterial blockage. New ischemia would indicate arterial disease progression.



Regrettably, the start of 2020 has been a difficult one. We have had three members of our cardiac program who underwent their annual stress tests this month, who were found to have significant “disease progression!”

In the early years of our cardiac rehab program, we worked with the hope and expectation that the arterial occlusive disease, which normally progresses throughout life, would be arrested, or at least significantly slowed down, by following the lifestyle changes advocated at the clinic.

At the 15th anniversary of the clinic (1993), we initiated the Heart Disease Reversal Workshops, largely influenced by the work of Dr. Dean Ornish. We hosted 50 of these workshops from 1993 until 2011, training approximately 1200 individuals. Science had shown that following these very aggressive lifestyle and dietary regimes led to actual reversal and regression of arterial occlusive plaque.

Unfortunately, after a heart attack, a bypass, or an angioplasty and stent insertion, the disease progression does not stop! It takes a concerted effort, ongoing diligence, and an almost superhuman determination to achieve reversal of the arterial blockage! I've never met a patient that found the Reversal Program “easy,” at least not initially.

And now in the reality of what we've thus far experienced in 2020, it behooves us to review in each of our minds that we are “doing what it takes,” to stop this disease and possibly even reverse it!

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Continued from Page 1 - **FROM THE PRESIDENT'S DESK**

We are so blessed. We celebrate not the 'Passing' of time, but the hopes of opportunities of things yet to come in the 'New Year', another chance to improve, to learn, to 'Look after ourselves', another chance to love each other, for it truly is in giving that we receive.

And so, I throw out a challenge to each and every member (and whoever happens to be reading this little blurb)...

For the rest of the year of 2020, on a daily basis let KINDNESS be our guide. Either do something nice or say something nice no matter how great or small, but one thing EACH and every day.

Let's see what happens. **UNDO IT...**

WANTED: **Webmaster**



To redesign and maintain **The CFA WEBSITE**

Salary negotiable

Contact a CFA board member if interested



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SILENT AUCTION

Thank You

To all of those who participated in the
Silent Auction...Thank You
Funds raised \$1,200.00



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*Walk of Life - 2020 - Toronto
May 23, 2020*

At the Ontario Science Centre, walk on beautiful trails along the river!

Snacks before and after your walk!



*Local Walk of Life
- Breslau -
June 8, 9, & 10*

During your usual class times

*Heart-healthy snacks
avail' in the lecture room*



Remember - This is CFA's largest fund-raiser!

Have you signed up?

Bring friends and family to either Walk!

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CORPORATE SPONSORS NEEDED FOR THE WALK OF LIFE

Deadline for Sponsor Signup is approaching fast, we need your help

Deadline – March 15, 2020

Do you know someone in an organization who is interested in supporting your CFA and the Walk of Life?

Do you know a company who believes in Cardiac Rehabilitation?

Do you know an organization who supports Registered Charities?

What we need:

1. Minimum Sponsorship \$350.00
2. A copy of their logo in .jpeg format emailed to walkoflife@mac.com or a high-resolution paper copy
3. Corporate Details – Name, address, phone number, email address and contact info'

What they get:

1. Corporate Logo displayed on Walk of Life brochures
2. Corporate Logo displayed on Walk of Life T-Shirts
3. Corporate Logo published in our quarterly newsletter - The Pulse
4. Corporate Logo acknowledged on the CFA Website – www.cfaheart.com
5. Able to advertise at the clinic.
6. Acknowledged regularly at Dr. Schaman's lectures throughout the year and at the CFA AGM – Annual General Meeting

For further information please contact Harold Lee – CFA Treasurer
hlee@homelifeguelph.com

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A SUCCESS STORY by Janet and Jim Poirier

Greetings and best wishes to all members of the CFA for a healthy 2020.

Many of you may know Jim and me, as we have spoken to your group several times in the past couple of years. We will be unknown to some of you. We are retired now and living an active lifestyle in The Blue Mountains. We learned of the CFA from your president Connie Cross and were delighted to be asked to share our story with you. We have counselled others in Whole Food Plant Based Nutrition (WFPB), including groups, friends and family. We are happy to support those wanting to learn more about the benefits of this lifestyle. Those who have adopted this way of eating have also experienced profound positive health changes.

We continue to follow a Whole Food Plant Based Lifestyle. It has now been 11 years since Jim had triple bypass surgery and 9 years since 3 stents were inserted for blockages of his coronary arteries. At that point, we decided to change our direction from a traditional diet to whole food plant based. We had the book from Dr. Caldwell Esselstyn, "Prevent and Reverse Heart Disease". We read of his success with working with advanced cardiac patients and the exciting results for those who adopted a WFPB diet. This book gave us theory and also provided some recipes and ideas for cooking methods. We soon became believers as we too began quickly to experience positive changes in our health. Both of us decided to follow the diet. Both of us experienced needed weight loss, reduced blood pressure and normalized blood values. Jim is now off all meds and the only supplements we take are vitamin B12 and vitamin D3. I lost my arthritis pain in my hands and felt a new energy.

We watched the video, "Forks Over Knives" (Netflix). We discovered many other proponents of a plant-based diet including Dr. Dean Ornish, Dr. Colin Campbell, Dr. John McDougall, Dr. Neal Barnard, to name a few. We learned from their writings and joined their online groups. The new video "The Game Changers", was recently released on Netflix. "Vegan 2019" is new out on YouTube.

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I being an R.N, have a keen interest in health. I am excited to support *health care* as opposed to *disease management* which has been the usual medical tradition. I also became certified in Plant Based Nutrition from Cornell University. We discovered that most chronic illnesses including heart disease, many forms of cancer, type 2 diabetes, arthritis, obesity and many others are food borne illnesses driven by chronic inflammation. Diets high in acid, mostly composed of meat, fish, dairy, oils and processed refined foods all part of a traditional Standard American Diet (SAD) contribute and promote many disease processes.

We learned that plant foods in their whole, mostly unrefined state are more alkaline in nature so help to reduce inflammation and allow the body to heal itself. "Food is Medicine", stated Hippocrates so many years ago. He asked, "Are you willing to give up the foods that make you sick?" Our bodies have a tremendous ability to progress to healing given proper nutrition, no matter what age or stage of disease.

Research in health and wellness proposes that there are 4 pillars that support health. Dr. Ornish's cardiac support program in the U.S include these 4 pillars. These are, a Whole Food Plant Based Diet, Exercise, Stress Management, and Love within a supportive community. This program is supported through Medicare because of its proven success to rehabilitate disease.

There are so many educational resources available including books, websites, videos, podcasts, and online conferences. Gradually a vegan/plant based lifestyle is becoming more mainstream as people learn more and also experience its benefits.

We have also learned that our food choices not only affect human health, but others including animals and ultimately our environment. Animal agriculture has been deemed the largest contributor to global warming and climate change.

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Education and awareness allow us to make informed decisions. Recently, Canada's New Food Guide proposed less meat, more fruits, vegetables, whole grains, and beans, and water as our drink of choice. It promotes the 4 pillars of a healthy lifestyle as well as addressing the subject of addictions to foods high in salt, fat, and sugar.

The website <https://ucdintegrativemedicine.com/> provides a "food wheel" to assist in the recommended daily food choices. Dr. Greger at <https://nutritionfacts.org/> offers the "daily dozen" to help us in our daily food choices on a Whole Food Plant Based Diet.

Dr. Schaman continues to provide support to all of you in living a healthier life. Our hope is for continued success as your community works together to promote health and wellness through the 4 pillars of health. As more doctors, dieticians and health care providers learn more about WFPB benefits, more will recommend this life giving, life changing lifestyle to improve personal health and global health.

I have included some of the resources mentioned above. Jim and I look forward to your feedback. We welcome any questions you may have.

Blessings to all of you as we go forward in 2020.

Happy New Year!

Janet and Jim Poirier

Below are some handy links from Janet

1. A copy of the "Wheel" from [ucdavisintegrativemedicine.com](https://ucdintegrativemedicine.com/) – Scroll down and click "Download"
<https://ucdintegrativemedicine.com/2017/11/daily-whole-food-plant-based-guide/#gs.tv49lw>
2. Article on information about interpretation of the "wheel "
<https://ucdintegrativemedicine.com/2017/11/daily-whole-food-plant-based-guide/#gs.tv2bj3>
3. Canada's Food Guide
<https://food-guide.canada.ca/en/>
4. Dr. Greger's daily dozen from nutritionfacts.org.
<https://nutritionfacts.org/app/uploads/2018/03/metric.png>

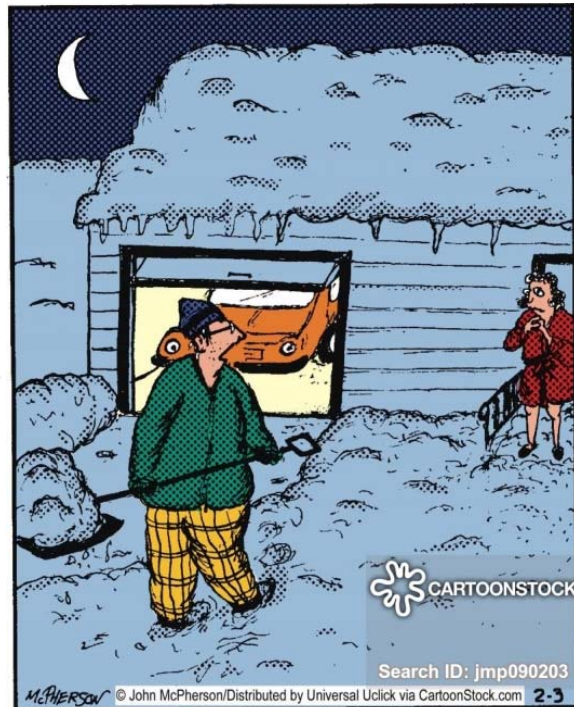
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“What fits your busy schedule better, exercising 30 minutes a day or being dead 24 hours a day?”



“Will you relax?! It’s a well-known fact that most heart attacks occur in the morning.”





THE PULSE NEWSLETTER

Recipe Corner

Smoky Pumpkin Black Bean Chili

Prep Time: 15 mins Cook Time: 30 mins Yield: 6

INGREDIENTS

- 1 small yellow onion, or 1/2 larger onion, diced
- 1 orange bell pepper, diced
- 1 yellow bell pepper, diced
- 2 cloves garlic, minced
- 3 (15 ounce) can black beans, drained and rinsed
- 1 (15 ounce) can petite tomatoes, with the liquid mostly drained off
- 1 (15 ounce) can pure pumpkin puree
- 1 tablespoon pure maple syrup
- 2 teaspoons chili powder
- 2 teaspoons smoked paprika
- 2 teaspoons ground cumin
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon Italian Seasoning
- 1/2 teaspoon black pepper
- 1 1/2 teaspoons salt
- 2 1/2 cups vegetable broth



INSTRUCTIONS

1. Heat a large pot over medium heat, add a bit of water, onion and bell peppers. Cook vegetables until tender, about 5 minutes. Add the garlic and cook for another minute.
2. Next, add all the remaining ingredients and mix until combined. Bring chili to a simmer and simmer for at least 20 minutes. You can leave it on the stove for longer if you like.
3. Garnish with your favorite chili ingredients 3 and enjoy!

Recipe courtesy of *She Likes Food*

<https://www.shelikesfood.com/soy-free-vegan-dinner-recipes/>

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Bread Machine Bagels

Add ingredients listed below to bread machine in order recommended by your bread machine maker.

- INGREDIENTS -

- 1 cup water**
- 1 1/2 teaspoon granulated sugar**
- 1 teaspoon salt**
- 3 cups bread flour**
- 1 teaspoon bread machine yeast**

- INSTRUCTIONS -

- **Set bread maker to Dough setting. When completed remove onto a floured surface then divide into 9-12 equal pieces.**
- **Roll each piece into a ball then use your thumb to make a 1-inch hole. Place onto a greased cookie sheet. Brush each piece with vegetable oil then cover with waxed paper and a damp towel. Let rise for 30 minutes.**
- **In a large pot bring about 3 quarts of water with 1 ½ tsp white sugar added to a boil. After lowering heat, drop each bagel into water and simmer on each side for 1-2 minutes. Remove onto paper towel to drain. Grease top of each bagel with vegetable oil. Cover with wax paper and dry towel, let rise for 30 minutes.**
- **Put bagels onto your greased cookie sheet and brush with egg white (or apple juice, or veg. oil or even water).**

Bake at 400 degrees for 25 – 30 minutes or until golden brown.

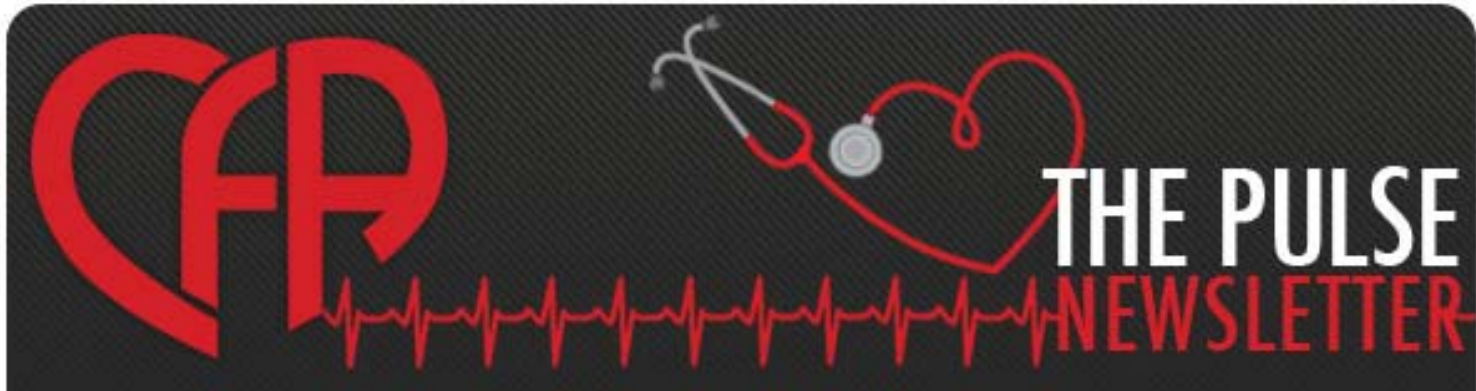
No bread machine - try these super simple ones!

In a medium bowl mix 1 cup flour, 2 teaspoons baking powder, ¾ teaspoon salt, 1 cup non-fat Greek yogurt. Mix to small crumbles with spatula then make into a ball and move to lightly floured surface. Knead till tacky but not sticky – flour hands first. Divide into 4 parts then roll each ball into a ¾ inch rope. Then join ends to make a bagel. Top with an egg white wash and bake at 375 degrees near top of oven for 20-25 minutes. Cool 15 minutes before slicing. These are different but still tasty!!!

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The Piano Tuner



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- Diet
- Stress Management
- Group Support

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