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Gifts to Scripps Center for Integrative Medicine ensure that we can continue our work in the following areas:

- ◆ Unique Research
- ◆ Enhancing the Healing Hearts Program
- ◆ Program Scholarships
- ◆ Expansion of Services
- ◆ Integrative Medicine Fellowships and Scholarships
- ◆ Wellness Weeks for Renewing Mind, Body & Soul

For more information on gift opportunities, please contact Sherri Alazraki, Associate Director of Development, Scripps Foundation for Medicine and Science at

(858) 554-3971

[alazraki.sherri@scrippshealth.org](mailto:alazraki.sherri@scrippshealth.org)

or visit our web site at [www.scrippsfoundation.org](http://www.scrippsfoundation.org)

### Scripps Center for Integrative Medicine • Contact Numbers (All area codes are 858)

General information .....	554-3300	Grateful Heart Cafe .....	554-3663(FOOD)
FAX .....	554-2965	Fitness Center .....	554-4782
Administration (Dr. Mabbett) .....	554-3300	Marketing Coordinator (Janet Hayden) ....	554-3300
Editorial Staff		Mindfulness Based Stress Reduction .....	554-3344
Connections: Wilson Boone/Folke Brahme .....	554-3300	Medical Director (Dr. Guarneri) .....	554-3300
The Present Moment: Steven Alper .....	554-3344		
Fitness Center: Joan Hackett .....	554-4782		
Scripps Foundation: Sherri Alazraki .....	554-3971		



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La Jolla, CA 92037



# Visions

The Quarterly Journal of the Scripps Center for Integrative Medicine

Healing People  
and Changing  
Lives Through  
Science and  
Compassion

## Master Planning Process Begins

We are growing ....by Phyllis Mabbett, R.N., Ph.D.

In the 18 months since Scripps Health announced the formation of Scripps Center for Integrative Medicine, the Center has been rapidly gaining strength, momentum and community visibility. Its strength comes from its solid position within the Scripps organization, its momentum from the dedication and commitment of its staff, its community advisory board and other internal supporters and its visibility from the community and public events it has hosted as well as the many professional talks given by its medical director and founding champion, Dr. Mimi Guarneri.

Scripps Center for Integrative Medicine is part of Scripps Health which is a community based health care delivery network serving over 700,000 people. It includes over 2,000 affiliated physicians, five acute-care hospitals, numerous out-patient facilities, home health care and support services.

The vision of the Center is "Healing People and Changing Lives Through Science and Compassion." Programs are designed to balance mind, body and soul by empowering and motivating individuals to take responsibility for disease recovery and health maintenance.

In a short period of time, the Center has made some very significant accomplishments. It is mandated to conduct research, to operate the Scripps Healing Hearts/Ornish Program and to provide professional and community education. In many ways the Center has already surpassed its initial targets. Numerous research protocols are in place, the Healing Hearts (formerly Ornish)

Program is expanding and special services such as Healing Touch, Yoga classes, Herbal Consultations and Watsu sessions are available.

In January 2000 the Center was very proud to be one of three centers in the entire country to receive the prestigious Medtronic Leadership Grant. This special grant was given in honor of the 50th anniversary of Medtronic. Grants were given to Harvard, Stanford and Scripps Center for Integrative Medicine. Each recipient was chosen for demonstrated leadership and creativity in its field. The Integrative Center received funding to support the expansion of its integrative approach to the management of patients with acute and chronic cardiac disease. As one of the initial phases of this planned expansion, local Scripps' employees are invited to participate in their own lifestyle change program. This approach is being used to build a strong internal support and referral system for the Healing Hearts Program.

In October 2000 the Center began its largest project to date! A Master Planning Process has been initiated. The purpose of this in-depth study is to answer questions about the type and nature of programs to be offered by both the Integrative and Musculoskeletal Centers at Scripps.

Donald DeMars International, a firm based in Los Angeles, has been hired to work with the Scripps team to recommend program direction and optimal location for the Integrative Center. The planning process is targeted for completion in March of 2001.

Fall 2000

Volume 1 Number 1

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# Scripps Center for Integrative Medicine

## Welcome to Visions



This first issue of *Visions*, the newsletter of the Scripps Center for Integrative Medicine marks many new beginnings.

This is our first integrated newsletter with information from the major components of our center. They are:

- Research and Program Outcomes
- Healing Hearts (formerly Ornish) Program
- Healing Touch Program
- Medtronic Heart Program Expansion
- Services & Education
- Mindfulness-Based Stress Reduction
- Fitness Center

There will be contributions in each issue of the *Visions* newsletter from each of these areas as well as a calendar of events. Our next issue will be published in January 2001.

Phyllis Mabbett, R.N., Ph.D.,  
Administrative Director,  
Scripps Center for Integrative Medicine

## from Dr. Guarneri

This is truly an exciting time here at the Integrative Center. Every day we are devoted to expanding and improving our heart program and offering new services to help people in their healing journey. I am more committed than ever to creating the world's premier cardiovascular disease prevention and detection programs. My goal is to stamp out heart disease through education, prevention, technology and research. To achieve this goal we have started to enhance our heart program in a number of ways. We now offer a terrific heart healthy frozen food line, advanced cholesterol and lipid testing, an expanded lecture series and new equipment to treat angina called EECF (enhanced external counter pulsation).

My dream is to have people from all over the world come to our center to heal mind, body and soul. We are blessed with a great staff, wonderful volunteers and philanthropic support from individuals that share this vision. We would not be on this journey if it weren't for our patients who teach us every day what is truly important in this life: love and service.

God Bless,

Dr. Guarneri

Erminia Guarneri, M.D.

Cardiologist Erminia M. Guarneri is the Medical Director and co-founder of Scripps Center for Integrative Medicine. Dr. Guarneri was formerly the medical director of the Scripps Ornish Program for Reversing Heart Disease.

She received her medical degree from SUNY Medical Center in Brooklyn, New York and served her internship and residency at Cornell Medical Center at The New York Hospital. There she was chief medical resident and served cardiology fellowships at both New York University Medical Center and at Scripps Clinic. Since 1995, she has been an attending interventional cardiologist at Scripps Clinic and is currently a member of Scripps Clinic Medical Group.

A member of the American College of Cardiology, Alpha Omega Alpha and the American Medical Women's Association, Dr. Guarneri is board certified in cardiology and in internal medicine and holds licenses in New York and in California. She is the author of several articles that have appeared in professional journals such as the *Journal of Echocardiology* and the *Annals of Internal Medicine*.

## Meet Our Staff

With this integrated newsletter format we have a great opportunity to present our staff to you.

In this newsletter you will find many familiar names and faces. Wayne, Karen, Rauni, Lou-Ellen, Steve, and of course, Dr. Guarneri are here. Several members of the first team have taken on new assignments. Rauni is now working on program development and Steve is concentrating on the Mindfulness-Based Stress Reduction Program.

If you drop into our center you will most likely meet Tina Gatz or Cathy Prazma. Together Tina and Cathy are our receptionists and office managers. They can answer all your questions about programs, services and up-coming events. Mary Lynch-Herman joined the team as Program Manager in April 1999. Mary has an extensive background in healthcare as well as mind-body medicine. She is delighted to work with you in the Healing Hearts program - hardly a day goes by in which she doesn't comment on what a wonderful,

Tina Gatz,  
Receptionist

Kathy Prazma,  
Administrative Sec.

Mary Lynch-Herman, R.N.  
Program Manager

Janet Hayden,  
Communication  
Specialist

health-giving program this is. Janet Hayden joined our team in July 1999. As one of her responsibilities, Janet meets with prospective participants to explain the program and its benefits.

# The Fitness Center

As we integrate with Scripps Center for Integrative Medicine, information for the Fitness Center Programs will be merged into "Visions." Look for our information in each issue on this page. Joan Hackett, Manager, Fitness Center

## Let Shiley Be Your Guide To Fitness

The Fitness Center's approach to getting into shape, staying in shape and developing a program of regular, healthful exercise involves a full service facility, medically sound programs and a trained staff of exercise physiologists and instructors. Our facility includes: state-of-the-art weight room with designated area for stretching and abdominal work, complete cardiovascular room, 25 yard outdoor lap pool, indoor therapy pool and ongoing land and water classes.

### Body Composition Assessment

This assessment will determine fat mass & lean body mass which can be used to calculate an ideal body weight. Two types of body composition testing are available:

- 1.) Hydrostatic weighing and
- 2.) Skinfold Caliper

Hydrostatic Weighing \$45.00  
Skinfold Caliper \$25.00

### Cholesterol Screen (Fasting/Non-Fasting)

The Cholestech LDX System Measurements include: Results in five minutes, Lab-Accuracy, Just a finger prick. Non Fasting Includes: Total Cholesterol, HDL, TC/HDL Ratio Fasting Includes: All Non-Fasting tests plus, LDL, Glucose, VLDL!

Non Fasting \$20.00  
Fasting \$30.00

### Nutrition Counseling

Learn more about your diet! The dietary analysis includes a calculation of your percent calories from fat, carbohydrates and protein in your daily diet.

Dietary Analysis or Menu Planning \$45.00  
Full Service Dietary Analysis \$65.00

### Personal Training

Our qualified personal trainers will design a program that is both safe and effective. This is a great way for you to stay motivated throughout your workout.

½ Hour \$25.00  
1 Hour \$45.00  
6 Hour Block \$225.00

Call  
858-554-3488

\*Prices are subject to change without notice

## CALENDAR OF EVENTS

### Heart Healthy Cooking Classes

at the Grateful Heart Café, Thursdays 10:00 a.m. to 1:00 p.m.

Fall 2000 Class Schedule:

- Protein Power Wheat Meats - Nov. 2
- Heart Healthy Desserts - Nov. 9
- Thanksgiving 2000 - Nov. 16
- Tempeh Temptations - Nov. 30
- A Hanukkah Feast - Dec. 7
- Country Christmas Dinner - Dec. 14

After New Year's break, we will start cooking again on January 4, 2001.

Special CPR class for all alumni, cohort members and partners  
December 9, 9:00 am to 1:00 pm  
\$25 per person. Integrative Center Classrooms 1&2

### Healing Hearts Advanced Lecture Series

#### Super-Nutrients for the Heart

Lori Winterstein, R.D.  
Monday, November 13, 1:00 - 2:00 p.m.

#### Advanced Lipid Management (video)

by Erminia Guarneri, M.D.  
Tuesday, November 2, 10:00 a.m.  
Thursday, November 30, 2:00 p.m.

#### Emotions and Heart Disease

Phyllis Mabbett, Ph.D. & Barbara Graves, D.Min.  
Monday, December 11

#### Hurdling Exercise Barriers

Wayne Borin, Exercise Physiologist  
Monday, January 8, 2001 1:00 - 2:00 p.m.

### Fitness Center

**NIA Classes** - every Friday in the GYM at 10:00 a.m., Susana Moore  
See page 3 for more information.

**Exercise Classes** - call for ongoing class schedule and descriptions

#### Specialty Classes

Adult Swimming, Aqua STAR (stroke patients), Arthritis Aquatics, Healthy Back Aquatics, Prenatal Aquatics, and Basketball League - call for ongoing class schedule and descriptions

858-554-3488

## The Present Moment

As we integrate with Scripps Center for Integrative Medicine, "**The Present Moment**", the Newsletter for the Mindfulness Based Stress Reduction Program will be merged into "**Visions**." Look for our information in each issue on this page. Steven Alper, L.C.S.W.

Director, MBSR program

### Mindfulness-Based Stress Reduction Course

#### A Real Bonus for All Healing Heart Program Graduates

by Steve Alper, L.C.S.W.

Mindfulness meditation is the discipline of paying careful attention to each moment of experience without bias or conditioned reactivity. Mindfulness can be thought of as "the mother of all stress reduction techniques" because it involves paying close attention in every moment, not just during periods of formal practice. Mindfulness is based on the principle that stress is not *what happens* to us but rather is the result *how we react*. Mindfulness practice can prevent stress reactions from occurring in even the most difficult moments and circumstances.

The Mindfulness-Based Stress Reduction Program is one of the original programs offered by Scripps Center for Integrative Medicine and one of the original mind-body programs offered by Scripps. It has been in continuous operation since 1995.

Mindfulness-Based Stress Reduction was developed by Jon Kabat-Zin, Ph.D., at the University of Massachusetts Medical Center in 1980. It is supported empirically by twenty years of clinical research. At Scripps, the program was developed and is directed by Steven Alper, L.C.S.W., who was

the first group support facilitator for the Scripps Ornish Program, now called the Healing Hearts Program. Steve worked with Cohorts 1 through 5, and cohorts 7, 9 and 11.

Steve's experience with the Ornish program makes him particularly sensitive to the unique experiences and needs of heart patients. The original Ornish research data reported a strong correlation between stress reduction compliance and reversal. Steve believes this data suggests that stress reduction ought to be a primary interest for anyone interested in reversing or preventing coronary artery disease.

Program alumni who take the Mindfulness course often find it to be a profound and life changing experience. The course meets once per week for 2 ½ hours over 8 weeks. There is a day long retreat on the Saturday between the 6<sup>th</sup> and 7<sup>th</sup> weeks. The course fee is \$495.00 including materials. Program alumni are eligible for a 20% discount reducing the course fee to only \$396.00

For more information or program schedule for the Winter 2001 Session call **858-554-3344**.



### Karen's Corner

by Karen Sothers, M.Ed.  
Stress Management Specialist

"Aloha from Hawaii!" Aloha is a greeting from my heart to yours. As you read this, I will be conducting cutting-edge research on the benefits of yoga and meditation on the Big Island of Hawaii. The Scripps team threatened to take away my meditation bells if I did not join them as the Stress Management Specialist for the Center's Executive Wellness Week! I hope to see you in class when I return. My Hawaii-inspired guided imagery and meditation classes will be held on:

Monday 6:30 - 8:00 p.m.  
Friday 9 - 10:00 a.m.  
Friday 1:30 - 3:00 p.m.

### Do I need to worry about calcium with a vegetarian diet?

by Lori Winterstein, R.D. Program Dietitian

Although calcium is still very important for a vegetarian, some studies have shown that people who don't eat meat may need a little less than their meat-eating counterparts. Low-fat or nonfat dairy foods, especially milk and yogurt, provide the most calcium of all foods. Two to three servings a day provide almost all the calcium you need and a good portion of the protein as well. Don't overdo on dairy foods, though, or you may get too much protein.

For people who don't eat dairy foods,

getting enough calcium from their diet is more difficult. A limited number of plant foods contain some calcium but the amounts are not high. Calcium supplements, in addition to these foods, may be necessary.

If you are concerned about your nutritional status, please contact Catherine Geiser, R.D. or myself. We have a new software program, "Nutritionist Five," which we use to analyze your food diaries. We can make recommendations based on your typical eating habits.

#### Calcium-Rich Plant Foods

Certain leafy greens  
Collards  
Kale  
Turnip Greens  
Mustard Greens  
Tofu manufactured with calcium  
Calcium fortified soy milk  
Calcium fortified orange juice  
Blackstrap molasses  
Certain seaweeds such as agar

## Connections

As we integrate with Scripps Center for Integrative Medicine, "**Connections**", the Newsletter for the Healing Hearts/Ornish Program Alumni will be merged into "**Visions**." Look for our information in each issue on these pages.

### Connections:

#### A New Beginning

by Winston Boone, Cohort 13  
& Folke Brahme, Cohort 1

In the fall of 1998, Jim Evans, a Dean Ornish Program graduate, bravely initiated and issued the first **CONNECTIONS** newsletter. After three issues, it ceased to exist - because it was an overwhelming task for a single publisher-author-editor-printer. But **CONNECTIONS** was not really dead, just sleeping ... We have resolved to revive **CONNECTIONS** because it is worthwhile, it is useful and it is needed. **CONNECTIONS** will appear inside "**Visions**", the newsletter for Scripps Center for Integrative Medicine.

Four times per year you will receive a 4-8 page newsletter in this new format containing 3 pages with news, meeting notices, class schedules, announcements of events, and a well tested recipe all pertinent to the Healing Hearts (formerly Ornish) Program. **We encourage feedback, criticism and input for the newsletter. To speak to either one of us call 858-554-3300.**



### a call for your email address

by Janet Hayden,  
Communications Specialist

Scripps Healing Hearts Program has set up an email group list to communicate pertinent information to current participants and alumni in a timely basis! We have registered all known email addresses into the system and have been using the email group list for a couple of months now.

If you have **not** been receiving email messages from "[scrippsheart@groups.com](mailto:scrippsheart@groups.com)" with announcements about special events and program changes on a regular basis, then we probably do not have your email address or do not have your **correct** email address. Our goal is to be able to communicate via email to **ALL** members of our Healing Hearts community who have email.

To get your email address added to our list send an email message to [hayden.janet@scrippshealth.org](mailto:hayden.janet@scrippshealth.org) from the email account you wish to register and provide your name and cohort number.

### Ornish Program Now Known As Healing Hearts Program

by Rauni Prittinen King,  
Coordinator: Program Development

It's official! Scripps' "Dean Ornish Program for Reversing Heart Disease" is now offered by Scripps Center for Integrative Medicine as the "Healing Hearts Program". In many ways, the program is the same as it has always been. Yet, in other ways it is new. One of the most significant changes is that the program has been formatted to meet cardiac rehabilitation program guidelines. Participants, eligible for cardiac rehabilitation, can now use their insurance for this component of the program. Another change is that the program is now 6 months long with new cohorts enrolled almost every 6 weeks. Last year, 8 cohorts were enrolled. In the past, only 4 cohorts enrolled each year. These changes have been made to make the program more accessible to the people who need it. In fiscal year 2000, 117 people enrolled. This is the largest number in any single year so far.

Many have asked what happened to the Medicare Lifestyle Modification Demonstration Program, which is hoped to result in Medicare supporting our Healing Heart Program. This is actually a study that involves Dean Ornish participants, and it will take at least 5 years. The selection criteria are very strict: at one site with 90 potential patients only 1(one!) qualified. At this time we are not planning to participate in the study.

The Healing Hearts Advanced Lecture Series started October 10 with a lecture on "Advances in Lipid Management" by Dr Guarneri. Among

the lipid news: a new lab service, the Berkeley Heart Lab, is now available here. It consists of a new panel of blood tests that break down blood fats and proteins further than previously possible in order to identify individuals with inherited increased risk for heart disease. Some of these factors can be influenced by dietary restrictions.

The "Advanced Lecture Series" will take place on the second Monday of each month at 1:00-2:00 p.m. They are free and open to all. The lecture schedule is listed elsewhere in this Newsletter.

A popular new program is the Nia class, started by Susanna Moore. This program - for both men and women - blends the fun and freedom of dance, the explosive power of martial art, and the stillness and focus of tai chi. The participants do indeed like it.

Time: Fridays 10-11 AM.- Place: The Gym.- Price: \$ 10 per class - the first class is free!

February is designated as the "Heart Month"; there will be many events during that month and they will be listed in the next issue of the **CONNECTIONS** newsletter, scheduled for January, 2001.

### Looking for "PARTNERS"

by Joann Boone, Cohort 13

a proposed new program for  
support people for  
**Healing Hearts Program** participants  
- spouses, significant others -

Many have expressed interest in creating a new ancillary program for the benefit of those persons who have been crucial in supporting and helping program participants. Those include spouses, significant others, relatives and friends.

Why should we have a group for "partners"?

\* Most have a powerful influence - positive or negative - on the participant, whether or not the "partner" is actually in the program.

\* Partners can help with compliance - if they know how.  
\* Partners are "part-time care givers".  
\* Partners themselves need to be supported, acknowledged and appreciated.

Are you interested in helping develop a program for partners?

**OF COURSE YOU ARE!**

Call Joann Boone (845) 259-2829  
[wjboone@inetworld.net](mailto:wjboone@inetworld.net)

## Terminal Degree

### Help Needed for Research Study

by Wayne Borin

We all know each other because we traveled the journey together in making lifestyle changes. What many of you may not know is that I have been pursuing my doctorate degree. This level of education is often referred to as a "terminal degree." I don't care for that terminology because I think of my learning process as a life long endeavor. My search for knowledge has led me to my beloved cohorts. I need your help with my dissertation.

I have chosen to study "Influential factors that contribute to exercise compliance following a structured lifestyle change program." In order to complete this study, I need to contact those who have completed the program. The criteria I have set for participation in my study is that you were a heart patient who completed the program at least three months ago. I will be mailing a short survey to participants in cohorts 1 – 17 the first week of December.

I want to thank you all in advance for your support with this exciting chapter in my life. You all hold a special place in my heart and I look forward to reconnecting with you once again. Be well.



bursement for fees will be given to those who participate in Mindfulness Based Stress Reduction course and Weight Watchers.

In January, at the 3 month mark, everyone will be retested to determine results. Efforts will be made to maintain some of the classes and groups to encourage maintainance.

The results thus far have been amazing. The cholesterol and blood pressure readings for some of these employees put them in a high risk group for serious illnesses. One participant has already lost 30 pounds and believes the program has saved her life. She wants to be the "poster child", she says. An ER physician just completed the Healing Hearts 6 month course at the Integrative Center. Many have continued to function as groups to encourage each other. Massage tables are on order to put in the employee healing rooms at each campus.

These stories could serve to encourage other staff members to participate. We are planning to repeat the program in January for another group.

Results of healthy lifestyles not only affect the health of Scripps' caregivers, but affect "bottom line" costs through reduced absences, less anxiety/errors on the job and increased satisfaction. We believe this program will also contribute to recruitment and retention of employees at Scripps.

## AMERICAN HEART WALK

by Wayne Borin, Exercise Physiologist & Tianna Meriage

CONGRATULATIONS TO ALL who participated in The American Heart Walk 2000 on September 16. You should all feel accomplished in making your mark in the battle against Heart Disease. The 34 Scripps teams had 520 walkers-200 more than last year. The donations raised by Scripps totaled close to \$30,000, giving us \$10,000 more than the year before.

We would like to congratulate Scripps Green/

Scripps Clinic for raising \$10,000 alone- more than any other Scripps site! Amongst all the groups, the Healing Hearts team contributed the most in the amount of \$3,700. The second highest contribution came from a Chula Vista team, raising almost \$2,700. Way to go teams!

A hand to all of those who walked, ran or volunteered their time. You all make the difference.



## Lifestyle Change for Scripps Employees (Medtronics Program Implementation Grant)

by Donna Nolton  
Medtronics Project Leader

As a result of the Medtronic grant, the Integrative Center developed a unique Scripps employee lifestyle change program to "Heal the Healer". The employee program is based on the same components as the Healing Hearts Program.

Over 100 people are participating in it from all across the Scripps system. In September we had an 8 hour kick-off day. Prior to this, each employee had baseline testing which included

blood work, body composition, safety and health questionnaires, etc. Each was encouraged to choose one area for improvement - nutrition, stress management, exercise, or support - for the next three months. Individual and group goals were encouraged.

A variety of classes including Qi Gong, Meditation, Yoga, individual nutritional and fitness consultations are being offered at various times on all the campuses at no charge to staff. Reim-

## The September Meeting for Healing Hearts/Ornish

### Alumni: plans, plans, plans...

by Winston Boone, Cohort 13

In June, a meeting was called by Winston Boone, a Healing Hearts Program Volunteer (and at that time, the ONLY alumni volunteer). His purpose was to make plans to revive the rather poorly attended (and very sparse!) graduate events and gatherings to refresh withering connections. The meeting was attended by about 30 graduates and staff. A follow-up meeting was announced for September 28. The announcement reached only about 30 graduates because of our own mistakes as well as problems with e-mail (these are now being corrected.)

As a result, the September meeting was attended by only 12 persons all of whom were very spirited. The decisions made at this meeting are listed below:

- The newsletter will be revived as an important vehicle of communication between the program participants, the graduates and the staff

- A reunion luncheon for all participants and graduates will be arranged for November 2, 2000 to initiate new connections and to reestablish old bonds. Robert Latin, Cohort 2, will be the organizer.

- The e-mail network system will be worked out to try to bridge the boundaries between the cohorts, and to help with adherence problems and other issues

- A partner project will be initiated aiming to involve wives, husbands and partners in our never-ending lifestyle changes

- Phone-trees or phone-chains would be worked out so news and messages can be spread effectively within the cohorts

- Dr. Mabbett was asked to present information about the planned expansion and facility improvements at the reunion luncheon. Information on this planning project is also provided on the front cover of this newsletter.



### Holiday Meals

by Folke Brahme, Cohort 1

#### Have a Dean-Ornish-OK

#### Fat-free, non-flying

#### Turkey (not) Dinner

#### for Thanksgiving



Vegetarian Chef Lou Ellen creates a healthful tasty Thanksgiving Carry-out Dinner for your Family Holiday  
Price **\$14.00**

Order by calling **858-554-3663 (FOOD)**  
by Friday November 17  
Pick-up on Wednesday, November 22

**3 course Country Christmas Dinner**  
Main course – portabello Bourguignon and roasted potatoes mélange  
A carry-out dinner you will enjoy!  
Great taste – no fat!  
Price **\$14.00**

Order by calling **858-554-3663 (FOOD)**  
by Friday December 15  
Pick-up on Wednesday, December 20

## Grateful Heart Café

operated by chef Lou Ellen Tapia

**Our renowned vegetarian chef Lou Ellen Tapia is now preparing selections from her menu available for take-out.**

Also healthy, low fat vegetarian cooking classes, lectures and workshops are now available. Enjoy great company in a friendly and welcoming environment. Classes offer partial participation with ample food tasting. A wide variety of subjects are covered which will improve cooking skills, knowledge of ingredients and stimulate your own creativity. Any class can "go on the road" for presentations to groups or individuals.

See page 7 for a schedule of Heart Healthy Cooking Classes.

To receive course descriptions or to register call **858-554-3663 (food)** or [www.healthyvegetarian.com](http://www.healthyvegetarian.com)

## Did Grandpa Give You Heart Disease?

**The Berkeley HeartLab Test can answer this question for you.**

Much of heart disease is due to inheritance. Due to research advances and improved sophistication in laboratory testing, we can now identify and treat, preventatively, individuals who are at risk for cardiac disease but who do not display any of the commonly recognized risk factors such as elevated cholesterol levels, obesity and hypertension.

The Berkeley HeartLab Test, which is available through Scripps Center for Integrative Medicine, provides an analysis of the sub-class patterns of LDL and other lipoproteins that contribute to risk of heart disease. The information it gives can save your life. If you do find out that you have a genetic risk, preventive, low-cost treatment is available. Call for more information: **858-554-3300**.

## HEALTHY HEART RECIPE

### CORN POTATO CHOWDER

(everyone likes it !)

The fresh corn kernels added at the last minute makes this soup especially good. Experiment with the amount of black pepper.  
Time: 30 minutes, or less.

1 bunch scallions (8-10) trimmed, sliced  
2 medium yellow onion, diced  
2 cups peeled, diced potatoes  
3 1/4 cups reconstituted nonfat dry milk, or skim milk  
1/2 tsp salt  
1/4 to 1/2 tsp black pepper  
1 cup corn kernels  
Chopped chives, parsley or scallion tops for garnish

Chopped sweet red pepper or finely chopped cherry tomatoes for garnish.

In a large, heavy-gauge pot lightly sprayed with vegetable oil spray, sauté scallions and yellow onions over medium-low heat until soft and aromatic, about 3 minutes. Add potatoes; cover; cook, stirring frequently to prevent sticking, until nearly tender, about 8 minutes. Add milk. Bring to boil, stirring constantly. Reduce heat. Add salt and pepper. Simmer, covered with lid tilted, until potatoes are tender, about 20 minutes. Mash some of the potatoes in the pot with potato masher to thicken soup. Add corn kernels; cook just until heated through. Ladle into soup bowl and garnish. Makes 6 servings of 1 cup each.

**114 cal per cup serving, 6 g protein, 2 g total fat (0.1 g sat.fat), 23 g carb, 2 mg cholest.**