

# Cardiovascular Wellness Program Newsletter

Issue 13  
June 2022

## Comments from Linda

Summer “break” is upon us and if you’ve been paying attention, you might have noticed that we have slowed things down just a bit. Very few students are around, and of course we are grateful for the ones that are hanging out a bit. Our educational programs continue, we will still try out recipes here & there, but we are saving the bulk of our project energy for the next semester, which will start toward the end of August. We will then have a return of many students, and so far they have lined up some fun & interesting projects.

While we are in this “chill” mode, of course we still need to persist with our healthy behaviors. Many of us are traveling, and of course the COVID concerns are still out there, so please, be careful. Staying as true as you can to your diet & exercise routines is the best approach; if you are on the road, think about things to do to keep up your activity and to keep your eating healthy. If it works for you, please try out your tech skills and join us via Zoom no matter where you are. I have seen some of you in Oregon, San Diego, and most recently Chicago. One silver lining in the our new world at least.

I will also share some insight into my exercise contribution this month. Most of you know my 92-year old mother recently fell, broke her femur, and is now bed-ridden for many weeks trying to heal, severely limited by weakness. My efforts to help us all maintain our “function” are multiplied greatly, and if you aren’t planking, crunching, squatting, balancing with me, please find a way to do some of that somewhere.

Linda

## CWP Projects

As I mentioned, not a lot s going on this summer, although likely you might be asked a few things if you are around. Thanks so much for helping students and the program out by joining when you can. A recap of some of our projects:

**Zoom Success.** We are now starting to analyze the data collected for of technology survery. Thanks to all of you who filled that out. Look for some feedback by the end of the summer.

**6-minute walk.** This is actually a very important assessment that helps you keep tabs on your status and helps us validate our effectiveness as a program. If someone asks you to do this, please take 6 minutes out of your routine and try it.

**Dance, dance, dance.** There is a chance our Indian fusion dancers have some time for us in July – I will let you know.

### Included in this issue:

Program Coordinator Notes, Linda Paumer, MA  
CWP Projects  
Nutrition Notes, Debbie Lucus, RD  
Recipe Corner  
Universe in Rose Petal, Linda Larsen, RN  
Exercise Reminders, Linda Paumer

# Can type 2 diabetes be cured?

By Debbie Lucas, MS, RD, CDCES

<https://journals.sagepub.com/doi/10.1177/15598276221087624>

I often hear podcasts, see commercials or read in headlines about curing type 2 diabetes. Given that 10.5% of US adults currently have type 2 diabetes (T2D) and if untreated, it can contribute to heart disease, kidney disease, blindness and more, it is no wonder we are looking for a cure. However, the research suggests that the best we can hope for at this point is putting type 2 diabetes into remission. One reason we say remission vs. cure, is that the lifestyle changes used to treat T2D can have impressive results, but if those lifestyle changes don't continue, the diabetes can return, so cannot be considered a cure. Note I am referring to type 2 diabetes in this article, not type 1 diabetes. Those with type 1 (about 5-10% of people with diabetes) have a pancreas that no longer makes insulin, and are required to treat the disease with injections or inhalation of insulin throughout the day. About 90-95% of those with diabetes have type 2 and it may be caused by genetics, ethnicity, age, weight or lifestyle, to name a few.

The definition of 'remission' had not been clear until a recent position statement was made by the American College of Lifestyle Medicine (ACLM). For their position statement, they called together a multidisciplinary group of experts to create Expert Consensus Statements (ECS) based on the current research and evidence. I will not bore you with the details of the methodology but will instead jump to the bottom line. However, if you like those details, take a look at the link above.

Consensus was found on these key issues:

**Remission definition:** HbA1c below 6.5% for at least 3 months with no surgery, devices or blood sugar lowering medication.

**Remission is the optimal goal for adults with T2D and is achievable and realistic for most, but not all, adults with T2D.** If a person with diabetes has had it so long that they have lost the function of their pancreas to make adequate amounts of insulin, they may always need medication. However, lifestyle changes can still reduce risk of health problems related to diabetes, and lower the amount of medication needed.

**Diet for T2D can achieve remission in many adults with T2D and the more intense the diet, the better the results.** This suggests that the more rigorous the lifestyle changes, the more likely they will lead to remission. Patients with diabetes often hear from their physicians to eat healthy, lose weight and exercise. There is a wide range of levels within these changes.

**Diet for T2D is most effective for remission when emphasizing whole, plant-based foods with minimal consumption of meat and other animal products.** Here is the more 'rigorous' part. This is the diet recommended for the Cardiovascular Wellness Program (CWP) because it is the only diet that has been shown to reverse heart disease. Current research reviewed in the position statement suggest it also will put diabetes into remission.



So what is the answer to my title question? Diabetes cannot be cured at this time, but can certainly be put into remission with the lifestyle changes we promote: a whole food, plant-based diet, exercise, stress management and healthy sleep. I hope to see you at the CWP to learn more about this lifestyle as well as hang out with your peers who are striving for the same health benefits as you are!!

Get the scoop on what makes for great nice cream and find more recipes in the Forks over Knives' [Beginner's Guide to Nice Cream](#). Here are two different recipes from their collection.

Recipe  
Corner

## Strawberry-Lemonade Nice Cream

Makes 4½ cups

### Ingredients

- 1 lemon, zested and halved, plus more lemon juice if needed
- 3 cups frozen banana pieces (3 large bananas)
- 1 cup frozen sliced or halved strawberries

### Directions

Place 2 tsp. lemon zest in a high-speed blender or food processor. Scoop pulp out of each lemon half (the way you would eat a grapefruit) and add to the zest with banana pieces and strawberries. Pulse on low to medium-low until crumbly, stopping and scraping down sides once or twice. Blend continuously 30 seconds to 1 minute or until smooth and creamy, adding more lemon juice if needed. Serve immediately or transfer to a 1-qt. container and store in the freezer up to 1 week.



## Vanilla Nice Cream With Real Vanilla Bean

Makes 4½ cups

### Ingredients

- 1 vanilla bean, split lengthwise
- 5 medium bananas, peeled, sliced, and frozen
- ¼ to ½ cup unsweetened plant-based milk

### Directions

Using a small sharp knife, scrape seeds from vanilla bean. In a food processor combine vanilla seeds, frozen bananas, and ¼ cup of the milk. Cover and process until smooth, adding as much of the remaining milk as needed. Serve immediately for a soft-serve ice cream or freeze at least 4 hours for a scoopable ice cream. Store in the freezer for up to 1 week.



# Slow Down & Find Stillness In Chaos

By Linda M, Larsen, RN-BC, RYT

Does our world seem frenetic, fast-paced and more chaotic than ever? My own personal life and those of many of my friends and family have turmoil on top of all the challenging events happening around the world. Wild events seem to occur more, such as the passenger recently landing a plane at a Florida airport after the pilot became incapacitated. He had no prior experience as a pilot, & said that he didn't really stress about the situation until the plane was safely on the ground. A Today show interview had recordings with the air traffic controller and the man sounded relatively calm, even as he said things like, "I have no idea how to stop the airplane. I don't know how to do anything." He told the Air traffic controller he just wanted to get home to his pregnant wife. When asked if it was his nature to be so calm he said no - he grew up "flying off the handle" and "hotheaded," but that his father had mentioned noticing a difference in him since he began a Tuesday night Bible study. Al Roker cracked me up when he said "I see a lot of people out there Googling Tuesday night Bible study."

My personal chaos includes a home bathroom and flooring remodel, enough said! And on the morning of Sacramento Rose Society's 74th annual show instead of listening to my panicky thoughts about all the roses in the back of my car I focused on the rose and tag in front of me.

Let's look at the above two stories and understand what has helped me and the airplane passenger avoid the fight-or-flight adrenaline rush and be present to the task at hand. By attending his bible study (every bible study I've been to has incorporated prayer and gratitude in the schedule) and my years of mindful meditation and practice - we both have encouraged neuroplasticity, activating our grey matter to create more connections to the slower, conscious, wiser abilities of the prefrontal cortex.

Although there's a scarcity of research on "spirituality and mindfulness" - a 2009 study on religion, self-regulation, and self-control by the University of Miami's Department of Psychology determined that being a religious follower can promote self-control and self-monitoring. Dr. Kevin Kilcawley says: "By its nature, prayer helps us become and stay more mindful." By connecting in quiet reflection to something deeply spiritual and meaningful, we're able to see our life and experiences from a broader perspective. The previously normally hotheaded/flying off the handle passenger - chose to slow down and actually listen to the air traffic controllers directions to land the plane. On the morning of the rose show, I choose to breathe deeply when sensing anxiety building. I also practiced choosing to "let it go/let it be" when 10:00 rolled around and there were still roses that I didn't have time to get entered in my car. I found that by choosing to remain in the moment, I had a willingness to be with what is, which allowed me to move on & truly enjoy the Rose Show. The interview with the air passenger was with his pregnant wife by his side - his ability to be present during that harrowing landing resulted in the delightful reunion with his family!

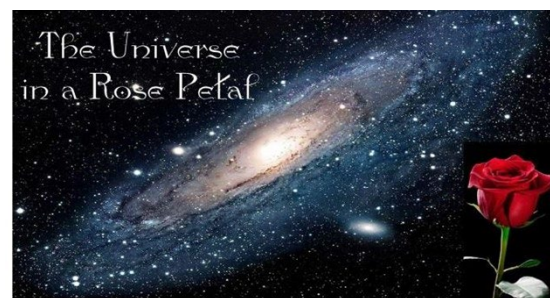
Next time you are feeling like life is chaotic and moving too fast here are some mindful choices:

- Take a full deep breath and notice your body and mind's response to more oxygen
- Make an effort to intentionally pause/ slow down and check-in with your goal
- Bring your attention to the good things and people in your life and express your gratitude. One of the most powerful ways to rewire your brain for more joy and less stress is to focus on gratitude.
- Let go, especially of negative stories, replace the old story with something more supportive
- Single-task instead of multi-task, try to bring your full attention to the task at hand
- Try to get at least 7 hours sleep a night on average, it's hard to be present when you're tired

For more on spirituality and mindfulness you can read:

Abstract: <https://pubmed.ncbi.nlm.nih.gov/19210054/> -

Or full text: [https://www.researchgate.net/publication/24001207\\_Religion\\_Self-Regulation\\_and\\_Self-Control\\_Associations\\_Explanations\\_and\\_Implications](https://www.researchgate.net/publication/24001207_Religion_Self-Regulation_and_Self-Control_Associations_Explanations_and_Implications)





## 6 best mobility exercises for longevity and healthy aging

Try to do these moves for the hips, back, and core as many days per week as you can, taking your time and focusing on proper form.

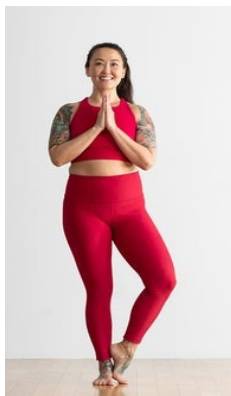
### 1. Tightrope walking

This challenging mobility exercise improves your balance and the pacing of walking. Find a line on the floor (either along floorboards/tiles or at the edge of a large rug) and walk slowly with one foot in front of the other along the length of it, keeping your arms out to each side for balance. Take 20 to 25 steps, then turn around.



### 2. Tree pose

Taken from yoga, this pose increases stability to preserve your balance, posture, and mobility. Stand tall with both feet next to each other. Lift one leg up slightly and turn the foot outward to rest it on the inner edge of the opposite thigh or shin. Hold this pose for 10 to 15 seconds, then switch sides. Variations are shown in case balancing on one foot is too challenging.



**3. Lying down marches** This is a great mobility exercise for the core and hips. The focus should be on controlling the movement, moving slowly, and drawing your belly button inward to keep your spine neutral. Lie on your back with your hips flexed so that your thighs are perpendicular to the floor, your knees are up in the air bent to 90 degrees, and your shins are parallel to the ground. Engage your abs while you slowly lower one leg towards the ground, maintaining the bend in your knee. Gently tap your foot on the floor and then lift the leg back up to the starting position using only your core muscles. Switch legs, alternating sides for 16 to 20 reps total (8 to 10 per leg).



#### 4. Foot taps

This move improves balance and coordination, while increasing the mobility of the hip joints. Hold onto a table or countertop if needed for balance. Move one leg out to the side (as if splaying your legs) and tap your foot on the ground. Return the leg to the starting position next to your other foot. Rest for 1 to 2 seconds then repeat on the other side. Alternate between feet for 10 repetitions in total

As you get stronger, you can go faster and increase the number of reps. You can also try this with resistance band positioned just above the knees for extra strength training benefit.



#### 5. Standing marches

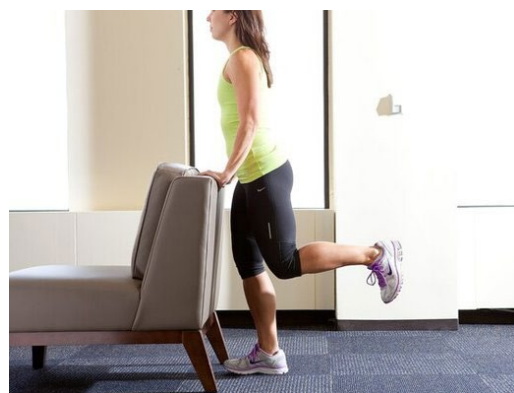
This mobility exercise improves core strength, coordination, and postural symmetry, and can support stable walking. Hold onto a table or countertop. Engage your abs, and bend one hip and knee to lift that leg up toward your chest like you are marching in place. Alternate legs, bringing each knee up as high as you can comfortably. Complete 20 repetitions, moving with control.



#### 6. Single-leg stance

This stability exercise builds hip, core, and leg strength as well as balance. Hold onto a table or countertop. Lift one leg up by bending your knee and hip. Hold for 10 seconds and then lower your leg. Rest for 10 seconds. Repeat five more times on the same leg, then move to the next leg.

Remember, staying active and moving your body can be the key to staying spry and healthy. Even spending a few minutes a day being active can make a big difference.



If you participate in any of the sessions that I lead, you know you are already doing each of these things fairly regularly. I'm not saying you need to join me if that is not your choice, but you really should think about incorporating some of these functional movements into your routine somehow -- you will be glad you did in another 5-10-15-20+ years.

<https://www.wellandgood.com/best-mobility-exercises-for-longevity/>