

Minnkota Monthly

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“Believe with all of your heart that you will do what you were made to do.”

- Orison Swett Marden

Fun Fact: For every person on earth there are an estimated 200 million insects.
Odd Word: Jentacular-pertaining to breakfast

Karla's News & Notes

**Alexandria HIV Community Meeting on Monday, September 12, 2011 from 12:00-1:30 at the Douglas County Library Conference Room at 720 Fillmore Street, Alexandria MN. Join your fellow advocates at a community meeting to discuss HIV policy at the Capitol and how you can affect the outcome. The Minnesota AIDS Project public policy staff will be on hand to discuss the 2011 legislative session and gather your feedback on HIV policy priorities heading into the 2012 legislative session. Please RSVP to Kate.Nelson@mn aidsproject.org if you are able to attend or call 612-373-9162. Lunch will be provided.

**Reminder that the Brainerd Support Group is the second Thursday of the month which falls on September 8th which might make things confusing as the 2nd Wednesday is not until the 14th.

**September 18th is National HIV/AIDS and Aging Awareness Day

**September 27th is National Gay Men's HIV/AIDS Awareness Day

Note:

Treatment Action Group (TAG) is seeking AIDS community activists from key States across the U.S. to join an unique leadership network, focused on identifying new Congressional champions and developing ongoing Congressional support for research critical to people living with HIV. This initiative will kick-off with a three-day Capitol Hill visit with your congressional delegation in Washington D.C. from October 11-13, 2011. Full scholarships covering round trip travel, two-night hotel (shared-room), and per diem are available. Application deadline is September 2nd. To apply, go to: <http://hivresearchcatalystforum.org/WhatWouldYouDo>

Older Adults and HIV/AIDS

Over 1 million Americans are living with the HIV and the number is growing. According to the Centers for Disease Control and Prevention, twenty-four percent of people living with HIV nationwide are over the age of 50. Moreover, research indicates that by 2015 half of the people living with HIV in the U.S. will be over more than 50 years old.

With the advent of the 21st century, prevention of HIV has become an important issue for older Americans. Today, 15% of all new HIV/AIDS cases occur among people who have lived to the half century mark and beyond. It is clear that more needs to be done to inform individuals and aging network providers about the importance of educating older Americans about HIV prevention.

Please Mail Food Receipts to:

MHP

P.O. Box 219

Moorhead, MN 56561

Food receipts need to be mailed by the end of the 3rd week of each month in order to process requests for the next month—if you do not get them in on time you will not have a card purchased for you until the following month. Thanks for understanding!

Events Calendar

Brainerd Support Group 12-2	9/8
Moorhead Men's / Women's Support Group 12-2	9/14
Glenwood Support Group 11:30 -1:30	9/15
Willmar Support Group 3-5	9/15
Bemidji Support Group 12-2	9/21
Brainerd Support Group 12-2	9/22
Moorhead Support Group 12-2	9/28



Source: [LiveStrong.com](http://www.livestrong.com)

Yoga for HIV & AIDS

Overview

People who have HIV/AIDS often live with feelings of loneliness, depression and hopelessness. People living with HIV/AIDS find that the yogic techniques of asana ([yoga](#) postures), pranayama (breathing [exercises](#)), relaxation and meditation help decrease these feelings. Practicing yoga also fosters a sense of connection with the innermost self of HIV/AIDS survivors.

Significance

The Centers for Disease Control estimates that more than 800,000 Americans lived with HIV/AIDS in 2009. The epidemic is spreading among minority populations in particular, with half of newly infected people being younger than 25 years old. Yoga Journal reports that more than 70 percent of people living with the disease in the United States have tried some form of alternative therapy to enhance their medical treatments, and yoga is one of the most popular of these methods.

Expert Insight

Dr. Jon Kaiser, author of "Healing HIV: How to Rebuild Your Immune System" and a San Francisco HIV specialist, reports that healing does not come from small bottles. Kaiser rather recommends that HIV/AIDS sufferers take some time every day to practice deep relaxation to quiet their minds, reduce stress and enhance their breathing and blood circulation. Kaiser states that daily practice can help support their immune system in conjunction with a thorough and comprehensive HIV treatment program.

Benefits

There are many benefits for people living with HIV/AIDS who practice yoga. According to Yoga Journal, the regular practice of yoga not only helps alleviate depression and loneliness in this population, but actually slows disease progression, prevents the spread of the virus and improves body image and overall mental [health](#). Yoga also helps improve many of the ailments HIV/AIDS sufferers live with, including high blood pressure, high cholesterol and blood sugar, chronic pain, heart disease, anxiety, substance abuse and headaches.

Effects

People who live with HIV/AIDS experience many side effects in their medical treatments. These side effects include high cholesterol, liver dysfunction, diarrhea, neuropathy, nausea, digestive problems, diabetes and fat redistribution disorders. Yoga additionally benefits HIV/AIDS sufferers by helping them better handle these negative side effects.

Types of Poses

Yoga master B.K.S. Iyengar recommends that people living with HIV/AIDS practice inversions and back-bending exercises to heal from the disease. He specifically recommends doing headstand, shoulderstand, handstand, bridge pose, wheel pose and bow pose.

Considerations

People living with HIV/AIDS who wish to start a yoga practice should consult their doctor before doing so. It is also important to realize that though yoga cannot provide the same benefits as certain medications can for HIV/AIDS, it is a valuable practice to accompany medication.

Read more: <http://www.livestrong.com/article/99417-yoga-hiv-aids/#ixzz1WX3u76uR>



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5 Foods That Help You Lose Weight

By **Melanie Haiken, Caring.com**

Don't get sucked into the idea that food is your enemy when you're trying to lose weight. In fact, it's just the opposite: Befriend the right foods, and the pounds are much more likely to peel off than if you just try to cut calories across the board. Here, five foods known by nutritionists to boost your body's fat-burning potential.

1 . O a t s
 Wait a minute; aren't oats a carb? Yes and no. Oats are a whole grain, and they're high on what nutritionists call the "satiety index," meaning oats have tremendous power to make you feel full. Not only that, they're also high in soluble fiber, so they cut cholesterol and blood fat. Oats digest slowly, so they don't raise your blood sugar, and they keep you feeling filled up well into the late morning. Old-fashioned steel-cut and rolled oats, with up to 5 grams of fiber per serving, are best, but even instant oatmeal has 3 to 4 grams of fiber per serving.

2 . A p p l e s
 To keep the pounds at bay, eat an apple—or two—a day. Numerous studies have found that eating an apple a half hour to an hour before a meal has the result of cutting the calories of the meal. Why? The fiber in the apple makes you feel full, so you eat less. Recent research suggests eating apples has other benefits, too; the antioxidants in apples appear to prevent metabolic syndrome, the combination of high cholesterol, high blood pressure, and pre-diabetes that tends to accompany thickening around the waist. Also, apples are high in pectin, which binds with water and limits the amount of fat your cells can absorb.

3 . E g g s
 Nutritionists have been trying for some years to restore the reputation of the lowly egg. No longer thought to be a cholesterol-booster (eggs contain a different type of cholesterol than that in humans), eggs are a concentrated form of animal protein without the added fat that comes with meat. Dietary studies have repeatedly found that when people eat an egg every morning in addition to (or instead of) toast or cereal, they lose twice as much weight as those who eat a breakfast that's dominated by carbs.

4 . C i n n a m o n
 This simple spice appears to have the power to help your body metabolize sugar, according to surprising data that came out of a USDA study involving diabetics. Eating as little as 1/4 to 2 teaspoons of cinnamon a day was found to reduce blood sugar levels and cut cholesterol from 10 to 25 percent. So add cinnamon to smoothies, sprinkle it on your cereal, or flavor your coffee with it.

5 . A l m o n d s a n d A l m o n d B u t t e r
 Another counterintuitive choice; aren't nuts and nut butters supposed to be incredibly fattening? Well, almonds are calorie-dense, but they also pack a huge nutritional punch—and they're particularly effective in counteracting cholesterol and triglycerides. One study in the American Journal of Clinical Nutrition found that eating almonds was as effective as taking a statin. Spreading almond butter on your morning toast gives you a nice protein boost while preventing the carbs in the toast from spiking your blood sugar.

Sugar-Free Green Tea Lemonade

There are many great healing properties of green tea, ranging from burning belly fat to warding off cancer. Fresh lemon juice contains over 20 anti-cancer phytonutrients.

Recipe

1/4 teaspoon of matcha (green tea powder)

Juice of 1 lemon

6 drops of liquid stevia (stevia is an herb that is naturally sweet. It is the only sweetener that doesn't raise blood sugar levels)

2 cups water

Ice

Blend all ingredients except ice in a blender. Add the ice to 1 or 2 glasses. Pour green tea lemonade mixture over ice and serve.

HIV/AIDS Nightline

The **HIV/AIDS Nightline** is available all night (5pm to 5am PT), every night, when other AIDS/HIV service agencies are closed. This is a program of San Francisco Suicide Prevention. AIDS/HIV Nightline services are confidential and non-judgmental. Call the AIDS/HIV Nightline Toll Free: 1-800-628-9240



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