Thank you to all who attended our latest support group on Wednesday November 29, 2012 on Yoga 101 with Linda Dom. We all had a great time learning about yoga and trying out some breathing. We even got up to do a bit of dancing which was lots of fun!

It was our first meeting using Telehealth to connect the out-of-towners with the group and it worked really well. Telehealth is a way of connecting two sites together by video and audio so that you can interact as if you are all in the same room. The participants this time were in Comox and on Saltspring and went to their local hospitals to a special telehealth room where they were ‘bridged’ to our room at VGH. If you are interested in doing this for future support groups, please let us know!

**True or False?**

**Pain Relief can be achieved through the practice of Yoga:** TRUE Studies have demonstrated that practicing yoga asanas (postures), and or meditation have reduced pain for people with conditions such as cancer, multiple sclerosis, auto-immune diseases and hypertension as well as arthritis, back and neck pain and other chronic conditions. Some practitioners report that even emotional pain can be eased through the practice of yoga.

**Yoga is only for Flexible People:** FALSE To the contrary, Yoga has greater benefits for those who are inflexible and in need of improving muscle length and joint range of motion. If proper instruction is given, those needing to improve flexibility will see improvements within a few weeks to a month. Some individuals with greater flexibility often need yoga to improve muscular strength and balance
and overall body alignment. Yoga improves posture and muscle symmetry which improves sports performance as well as the tasks of everyday living.

**Yoga Improves the function and quality of Breathing: TRUE** Pranayama, the Sanskrit term for deep breathing, helps to improve lung function, trigger the body’s relaxation response and increase the amount of oxygen available to the body. Fire Breathing, a quicker yogic breathing utilized in flow or vinyasa yoga, improves breath control, diaphragm strength and clarity of the mind.

**Yoga does not improve abdominal strength like Pilates does: FALSE** Yoga strengthens every muscle in the body, particularly the core as every standing pose focuses on using the core for stabilization. Arms, legs, shoulders, neck and back muscles are also strengthened during many of the traditional Yoga poses. Joseph Pilates, the founder of the Pilates Programming, was a Yoga student and used traditional yoga moves as a foundation for developing his own technique which we now know as Pilates.

**Yoga helps control weight: TRUE** Yoga focuses on relaxing the nervous tensions within the body that often cause overeating. The Yoga diet is a healthy whole foods diet that is free from pesticides, excess salts and other additives which often trigger the body to hold onto water and toxins that can make it harder for the body to break down fat. Cortisol, a hormone that the body produces more of during stressful times, is often referred to when discussing "belly fat". By reducing "cortisol" one may reduce overall fat as well as the excess fat around the midsection.

**Yoga Reduces Stress: TRUE** By encouraging relaxation, yoga helps to lower the levels of the stress hormone cortisol. Related benefits include lowering blood pressure and heart rate, improving digestion and boosting the immune system as well as easing symptoms of conditions such as anxiety, depression, fatigue, asthma and insomnia.

Did you know:

- Yoga is not just about exercising and poses?
- A yoga practice can be done without even getting out of a bed or chair?
- Yoga is accessible to everyone?
- Yoga has numerous physical, mental, emotional and spiritual benefits?

Read more about yoga in Linda’s powerpoint presentation (attached)

If anyone has any questions or would like more info, Linda is happy to connect with you personally - lindadom@shaw.ca or 604-318-3400. She also does in home yoga if you are interested in finding out more about that service.
As you know, the mito distribution list is sent out as ‘undisclosed recipients’ to protect the privacy of those who want to remain anonymous. However, I realize there are many out there who would like to connect and maybe even create a Facebook page together.

Sharel Lambert, who lives in Victoria, has volunteered to put together a distribution list for those who would like to connect with others. If you are interested, please call or email Sharel at sharellambert@gmail.com, 250-370-7592.

**Arginine tips**

Tammy Wainwright, one of our patients on arginine has some great tips to share:

“I have found a pharmacy that will put the arginine in capsules. Much easier to take for sure. This pharmacy will also blister pack all the vitamins and other prescriptions, for those of us that seem to have some memory problems. They can also have a courier pick up our meds from Children's for much cheaper than what Children's charges for delivery.

Pharmacy
Delta Prescriptions Clinic
8425 120 street
Delta, B.C.
phone 604 594 4155
contact ....Michael Millman

Now that they have set up for my arginine, for 1 gram bid.....it is set up for others...they do charge for it about $35.00 for a full container (4 months) but it is well worth it in my opinion. They also carry all the better quality vitamins at normally a cheaper price than the big vitamin stores. Michael has had many child metabolic patients, but not many adult, and finds us very interesting and a challenge...Hope this information can help others.... Tam Wainwright”
At our next support group, we welcome Dr. Gabriella Horvath, one of our clinic physicians who works here and at Children’s hospital with people with mitochondrial disease and neurotransmitter defects. The topic is to be announced!

Robin Basran will show us how to do exercises using a band.

**When:** Tuesday, March 19 from 11-1 pm

**Where:** To be announced

Please note, we will be offering Telehealth again to include participants from out of the lower mainland in the group. Please let us know if you would like to connect by Telehealth from your local hospital and we will try to arrange it for you!

RSVP Margaret.oriley@vch.ca or 604-875-4111 ext 61323

A very Merry Christmas and Happy Holiday to you all!