

February 2010 Newsletter



Wondering what to feed the cardiovascular system you love? We suggest Mexican Brown Rice (with pinto beans) and Avocado Salsa, from Good Food, Great Medicine (pages 175 and 131). Dessert recommendation? Read on.

Worried about heart disease?

Take an ounce of dark chocolate and call me in the morning

February is officially heart health month. For those of you who care so much about the heart health of others that you actually send them *dark* chocolate on February 14th, congratulations! You are practicing evidence-based love. And if there is one thing we could all use, it's love with good outcomes data.

Here are some cardiovascular benefits of *small* amounts of cocoa or dark chocolate daily:

- Lower risk of heart disease and death, and greater survival in those who have a heart attack in epidemiological studies ¹
- Lower blood pressure ²
- 6% lower LDL ('bad' cholesterol) levels, 9% higher HDL ('good' cholesterol) ³

Sadly, we need to use good sense when eating chocolate. Good sense would favor high-potency dark chocolate, which means a cocoa content of 70% or higher. If the label doesn't specify a cocoa percentage, find one that does!

¹ Janszky, I J Intern Med 2009;266:248-57

² Hooper, L. AJCN 2008;88:38-50

³ Harned MS. Southern Med J 2008;101:1203-8

As for the recommended daily allowance, up to three ounces a day have been studied, but one ounce a day (or even less) should give you adequate cardiovascular benefit. And if you are adding chocolate to your diet, remember to remove some calories somewhere else.

We're glad you have read this far, because we want to talk about a food that's even better for your heart than chocolate. We want to talk about – **beans!** We look for any excuse to speak up for beans because they are usually not appreciated when they try to speak for themselves. There is no bean lobby to represent them in the corridors of power because beans are too honest to mix with politicians and too cheap to make anyone rich.

Beans are, however, possibly the most effective – and certainly the safest – lipid lowering agents you can find. For example, one half-cup daily of cooked pinto beans can lower LDL ('bad' cholesterol) 8% or more. ⁴ (Other legumes are probably equally heroic, but it was the pinto bean that was studied here. One of our favorite ways to study the pinto bean is on the dinner plate pictured to the left.)

If an 8% reduction doesn't seem like much, look at it this way: the bean effect is similar to doubling the dose of most 'statin' cholesterol lowering drugs, *but* without the cost or risk.

The benefits of beans also extend to reducing your risk for diabetes and cancer, particularly breast cancer. In the Nurses Health Study II, a serving of beans or lentils twice a week was associated with a 24% reduction in breast cancer risk. ⁵ Just think about the reduction in health care costs if more prescriptions were written for beans!

Preventing *and* Reversing Heart Disease: February 9th class

Dr. Hassell will be giving a *free* lecture at Providence St. Vincent Medical Center on Tuesday, February 9th, from 6-8pm; *Which*

⁴ Winham DM et al. JACN 2007;26:243-9

⁵ Adebamowo, A et al. Int J Cancer 2005;114:628-33

Lifestyle Choices Really Matter: Preventing and Reversing Heart Disease. This class will focus on preventing (and possibly reversing) heart disease, as well as controlling high blood pressure and cholesterol. If you would like to attend, please call our office to pre-register at (503)291-1777.

Good Food, Great Medicine **Spring Classes**

Heart month kicked off the 2010 *Good Food, Great Medicine* class series, and with spring come three more free seminars with Dr. Hassell to discuss the role of exercise, good fat, supplements, medication, and the Mediterranean diet for optimal health:

1. **March 16th** ■ *Preventing and Reversing Type 2 Diabetes and Insulin Resistance.* Optimal lifestyle choices for people with type 2 diabetes as well as anyone wanting to avoid diabetes
2. **April 20th** ■ Weight loss
3. **May 18th** ■ Cancer Survivorship (with emphasis on breast cancer)

The classes will be at Providence St. Vincent Medical Center on Tuesday evenings, 6 – 8 pm. If you would like to attend any of these classes, please call our office at (503)291-1777 to register.

Cookbook is on Amazon.com

Check it out and be the first to give a customer review! Track our progress on the best seller list! (We are currently ranked at 366,574th. Wow!) Books can be purchased directly at our website, as well, @ www.goodfoodgreatmedicine.com.

Good Food, Great Medicine is also available at Broadway Books (1714 NE Broadway), Annie Bloom's Books in Multnomah Village (7834 SW Capitol Hwy), and the Providence Integrative Medicine Programs at Providence St. Vincent Medical Center and Providence Portland Medical Center.

Ask Mea!

We have a new option on our website where you can ask Mea (chief cook and co-author of *Good Food, Great Medicine*) for cooking tips, recipe troubleshooting, and vegetable intervention strategies. Don't worry if the question calls for some knowledge of biochemistry – Mea will just ask Miles. askmea@goodfoodgreatmedicine.com

Upcoming Speaking Events

2/9/2010 – Good Food, Great Medicine Series:

Preventing and Reversing Heart Disease, Miles Hassell MD
Providence St. Vincent Medical Center, Portland, Oregon. Pre-registration is required. Please call (503) 291-1777 to register.

2/12/2010– Alaska Tanker Company: *Heart Disease Lunch and Learn* Beaverton, Oregon. Employees only.

2/17/2010 – Providence Heart and Vascular

Institute: *Cooking from the Heart, for the Heart*, Miles Hassell MD and Providence Chef Greg Streng. For tasty heart-healthy tips and treats, attend this February Heart Month event from 6 – 8 pm at Providence Willamette Falls Medical Center, Oregon City, Oregon. Pre-registration is required. Please call (503)657-6919.

3/3/2010 – Portland Culinary Alliance (PCA)

Chocolate Dinner: Miles Hassell MD. Portland, Oregon. Open to PCA Members only.

3/7/2010 – Cedar Mill Bible Church Elder Care

Class: Miles Hassell MD. Portland, Oregon.

3/16/2010 – Good Food, Great Medicine Series:

Preventing and Reversing Type 2 Diabetes and Insulin Resistance, Miles Hassell, MD. Providence St. Vincent Medical Center, Portland, Oregon. Pre-registration is required. Please call (503) 291-1777 to register.

3/18/2010– Providence Cancer Center Integrative

Medicine Program: *Making Your Way Through the Supplement Jungle: Vitamins, Minerals and Herbs*, Miles Hassell MD and Cindy Reuter ND, MSOM, L.Ac., RD. Providence St. Vincent Medical Center, Portland, Oregon. This talk is free. For more info see: www.providence.org/integrativemedicine and choose the 'classes' link or call the Providence Resource Line @ (503)574-6595.

3/18/2010– Alaska Tanker Company: Skamania, Washington. Employees only.

4/20/2010 – Good Food Great Medicine Weight

Loss Class: Miles Hassell, MD. Providence St. Vincent Medical Center, Portland, Oregon. Pre-registration is required. Please call (503) 291-1777 to register.

5/18/2010 – Good Food Great Medicine Cancer

Survivorship (emphasizing Breast Cancer) Class: Miles Hassell, MD. Providence St. Vincent Medical Center, Portland, Oregon. Pre-registration is required. Please call (503) 291-1777 to register.

“Prove all things; hold fast that which is good”

1 Thess. 5:21(KJV)