

February 2018 Newsletter



There's a lot to smile about! Sherrie has just completed a 6-month health transformation program and reversed her type 2 diabetes!

End heartbreak! Resist insulin resistance, diabetes, heart disease, stroke, dementia, and cancer – with simple lifestyle change

It may not sound very romantic, but one of the most thoughtful things we can do for someone we love this Valentine's Day is to get serious about reversing any risk factors that lead to a broken heart. One of the most effective ways to do this is to reverse insulin resistance, the underlying factor for most cases of type 2 diabetes. This means that, rather than focus on elevated blood sugar, we tackle the root cause – insulin resistance. This describes when the body produces higher-than-normal levels of insulin to supply glucose, which is then shipped off via the blood to fuel our cells, which in turn are gradually becoming more reluctant to accept the glucose. This resistance prompts more insulin production, blood sugars rise and there you have it: insulin resistance (or "prediabetes").

Why should our hearts be concerned about insulin resistance?

Insulin resistance and type 2 diabetes not only markedly increase our risk of heart disease and stroke,¹ but also dementia,² cancer,^{3,4} fatty liver, kidney failure, and damage to nerves, joints, and eyes. Medications for

treating type 2 diabetes do not lower these risks to normal, and neither do any number of nutritional supplements. However, what does work *very* well are evidence-based food and lifestyle choices, which brings us to Sherrie's diabetes reversal story.

Sherrie reversed diabetes in 6 months and lost 35 lbs along the way!

We love success stories like this! Sherrie has struggled with weight for many years. After some routine lab work in early 2017 she was shocked when her doctor told her she would have to start taking metformin for her type 2 diabetes. "I didn't even know I *had* diabetes, and the doctor said that I'd actually had it for almost two years! I was already taking 7 pills a day for cholesterol and blood pressure, and I was NOT going to go on metformin. I told the doctor I just wanted to know what to do and how to eat."

Sherrie's doctor gave her 3 months to improve her HbA1c (a measure of blood sugar – diabetes is usually diagnosed at 6.5 and Sherrie's was 7.4) before she would have to start metformin, and referred her to a diabetes education class. The class was booked up for 3 months, but in the meantime Sherrie's neighbor gave her a copy of *Good Food, Great Medicine* and told her about Dr. Hassell's diabetes reversal series. Sherrie enrolled and began applying the whole food Mediterranean diet and activity principles she learned. By the time the 3-month deadline arrived she had lowered her HbA1c to 6.8!

Sherrie was pretty excited by now, and signed up for a 6-month health transformation program with Dr. Hassell to get some one-on-one reversal coaching; by the next 3 months she had lost a total of 35 pounds and dropped her HbA1c further to 6.1, without medications!

Sherrie continues to work on her weight but is thrilled about her progress so far. "What I gave up was processed food. What I got was freedom. Freedom from counting calories, freedom from deprivation/binge dieting, freedom from finger-sticks to check my blood sugar, and freedom from more medications and their side effects." She also knows that she has transformed her long-term health trajectory by dramatically reducing her future risk of complications from diabetes and the effects associated with it. Now that's freedom!

¹ Ridker, P.M. et al. *Circulation* 2003;107:391-7

² Ng, T. et al. *JAMA Neurol* 2016;73:456-63

³ Lega, I. et al. *Cancer* 2016;122:2731-8

⁴ Stocks, T. et al. *Int J Epidemiol* 2015;1353-63

Need a heart-to-heart about your health?

Schedule a consultation appointment with Dr. Hassell for evaluation, diagnosis, second opinion, or treatment plan. People with objectives such as diabetes reversal or weight loss can sign up for a health transformation program like Sherrie – a one-on-one doctor-patient partnership providing support, accountability, and dietary counsel using a whole food Mediterranean diet.

Heart Beets

Of course beets are good for your heart! In fact, they're good for every part of your body. And yes, they are also good for anyone who has diabetes. *Good Food, Great Medicine*, 3rd edition, includes some helpful recipes.

(Serves 4 – 6)

1 bunch of red or gold beets (about 3 medium)
2 tablespoons apple cider vinegar
2 tablespoons extra-virgin olive oil
½ teaspoon salt
¼ cup vinaigrette (page 140)
½ cup lightly toasted walnuts pieces
½ cup crumbled feta cheese
5-ounce container baby spinach or arugula

1. Clean and trim beets (see **Note**) and place on a large enough piece of foil to allow you to wrap and seal them snugly. Place package seam side up in any old baking pan that fits. (With heavy-duty foil you don't actually *need* a pan . . . but you'll wish you had one if the foil springs a leak.) Roast at 450 degrees in the middle of the oven for about 1½–2 hours, depending on their size. If you must interrupt them earlier, you can test for doneness by poking with a skewer through the foil. Beets are best tender.
2. When beets are cool enough to handle, poke a fork in the stem end and peel with a paring knife, scraping to ease the skin off rather than cutting. Cut into ½-inch dice while still warm. Add vinegar, oil, and salt, and toss. (They can be placed in a container and refrigerated at this point, or they can be served warm or room temperature with a side of *Rich Yogurt Aioli [Goop]* on page 144.)
3. Pile beet chunks on a bed of baby spinach or arugula, scatter with walnuts and feta, and drizzle with vinaigrette.

Note: Choose beets with smooth skin and similarly-sized, if possible, so they will cook evenly and peel easily. (If they still have their greens attached you can cook and eat the stems and leaves, too: see page 166.) Wash beets and trim stems, if any, leaving about an inch still attached. Leave "tails" intact: this keeps the beet from excess bleeding as they cook.

Good Food, Great Medicine 2-part classes

This two-part class series targets weight loss, diabetes reversal, and inflammation reduction.

The classes are based on *Good Food, Great Medicine*, which each participant will receive at the first class.

Good Food, Great Medicine class (part 1):

- Review inter-relationship of excess waistline and weight, insulin resistance (common to most cases of type 2 diabetes), and common chronic diseases.
- Discuss the role of the "key four" – a whole food Mediterranean diet; minimal sweeteners, refined grains and starches; daily activity; and enough sleep.
- Work through the 14 simple steps that target your risk factors and produce effective, lasting changes to your waistline, blood sugar, and other health risks.

Good Food, Great Medicine class (part 2):

- Explore practical application of whole food choices and menu planning. See demos of foundational recipes from *Good Food, Great Medicine*. Review progress, find solutions to challenges, and fine-tune personal plans.

Time: 6 – 8 pm Wednesday
Dates: 3/7/2018 (Part 1) and 3/14/2018 (Part 2)
Location: Providence St. Vincent Medical Center
Cost: \$100 (2-class series)
Registration: Call 503.291.1777 to reserve a place

Dr. Hassell's speaking events

2/8/2018 – BASECAMP Cardiac Prevention + Wellness Lunch and Learn: *Good Food is Great Medicine* Portland, OR.

Noon – 1 pm; bring a lunch to BASECAMP and join this FREE heart month event with Dr. Hassell: welcometobasecamp.org

2/10/2018 – Food as Medicine Symposium: Preventing and Reversing Chronic Disease with Whole Foods: *How a Greek Grandmother Would Solve the Healthcare Crisis: Which Food and Lifestyle Choices Really Matter?* Portland, OR. Register at: foodasmedicineinstitute.com/2018-food-medicine-symposium

3/6/2018 - BASECAMP Cardiac Prevention + Wellness: Women's Tea and Talk: *Good Food, Great Medicine*. Portland, OR. 5:30-7pm, no registration necessary. Ladies please join Dr. Miles and Mea Hassell for a Mediterranean diet discussion and cooking demo at this FREE women's wellness event at Basecamp: welcometobasecamp.org

3/7/2018 and 3/14/2018 – Good Food, Great Medicine TYPE 2 DIABETES REVERSAL and SUSTAINABLE WEIGHT LOSS 2-PART LIFESTYLE CHANGE CLASS SERIES: Portland, OR. Call our office at 503.291.1777 to register.

4/5/2018 – 4/26/2018 – Providence Heart Institute BASECAMP Cardiac Prevention + Wellness 4-part Series: *Good Food, Great Medicine*: Portland, OR. Call the Providence Resource Line at 503.574.6595 to register or find *Good Food, Great Medicine* in the class catalog at providence.org/classes

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"Prove all things; hold fast that which is good."

1 Thessalonians 5:21 (KJV)

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