

Don't just treat it: REVERSE type 2 diabetes!

February 2019



Dr. Hassell speaking at the Providence Brain and Spine Institute's 5th Annual Fall Conference, presenting the data for the lifestyle choices to help prevent and manage dementia and Parkinson's disease as well as depression and anxiety.

Type 2 diabetes? High blood pressure? Heart disease symptoms? Stroke risk? Don't accept the unacceptable!

Our health is our most precious asset, but too often we don't realize how much we can do to reverse disease with a steady application of a few lifestyle measures; clearly a far better approach than simply adding more medications. It's a privilege to work with patients who really commit to change, dive in to better health, and enjoy fantastic long-term results.

One of the ways my practice helps people make this transition is through a Health Transformation Program, a 1-year or 6-month plan with the goal of reversing, not just treating, disease. We were recently asked for an analysis of diabetes reversal among our patients, and we chose 7 patients with type 2 diabetes enrolled in our 1-year program, as they presented a well-defined cohort. Here are the results:

- Out of the 7 patients, 5 **became – and remained – “ex-diabetic,”** meaning they were able to reduce their blood sugars to below diabetic levels and no longer need ANY diabetes medications, including insulin injections.
- Other benefits seen included **stopping most blood pressure medications** because of improved blood pressure control, **improved cholesterol profiles**, and an average of about **30 lbs sustained weight loss** – in one case **60 lbs!** One of the plan participants also **reversed his kidney failure**.

- Most importantly, these patients also dramatically **reduced their risk of stroke, heart attack, kidney failure, neuropathy, eye disease, dementia, cancer, and drug side effects**. All reported **significant improvements in well-being**.
- In addition to the disease risk reduction, it's also notable that many diabetes medications cost \$5,000 or more per year per drug. Whether measured by out-of-pocket costs or total costs, the savings per patient were enormous.
- Of the 7, 1 stopped short of becoming ex-diabetic; however, she was able to reduce her insulin requirements by 80%. She also substantially improved her average blood sugars and lost 40 lbs.
- 1 of the plan participants found lifestyle change too difficult, and made no progress.

Start your plan to *reverse* diabetes and avoid heart disease and stroke *now!*

What were the lifestyle choices that the successful participants made?

- #1.** They got serious about **reversing rather than just treating their type 2 diabetes**; they also understood its role in raising their risk for other health crises like heart disease and stroke, as well as the fact that the pharmaceutical approach doesn't eliminate those risks.
- #2.** They each committed to making the lifestyle changes necessary and didn't give up when they hit bumps or plateaus.
- #3.** They read ***Good Food, Great Medicine*** and learned about evidence-based diet and activity choices to fundamentally change their metabolism.
- #4.** They found that the changes they made became new habits that improved their quality of life.
- #5.** They used effective tools to keep them on track.

Health transformation tools YOU can use

When you are serious about improving your long-term health as well as avoiding **preventable** health problems, a variety of approaches can be used. Some find the information and direction they need in our book, *Good Food, Great Medicine*. Another effective approach has been the *Good Food, Great Medicine* class series. (These are coming up in March and April – see details further on.) Others find they need the individual counseling, encouragement, and accountability of one of the health transformation plans. Whichever approach works for you, never, never, never give up!

KAPOW! Bars

Need an energy bar with high-quality protein, healthy fat, and nutritional bang for your buck? Looks like you'll have to make your own. Even if the only ingredients listed on a commercial bar are nuts, seeds, and dried fruit, it takes some serious processing to transform perishable whole foods into a product with a one-year shelf life. This simple recipe uses a food processor for most of the operation to keep the actual work to a minimum. This is a delicious whole food energy bar – but it's also a VERY CALORIE-DENSE TREAT. Just saying.

(Makes about 24 bars ½-inch thick, or preferably a whole bunch of little 1" chunks)

1 packed cup dried prunes (Trader Joe's non-sorbate)
-or- Turkish apricots (Trader Joe's unsulphured)
1/3 cup chopped dark chocolate (preferably 85%)
1 cup almonds, raw or lightly toasted (see note)
1/3 cup raw pumpkin seeds
1/3 cup sesame seeds, lightly toasted (see note)
1/4 cup pure maple syrup or honey
1/3 cup nut butter (preferably homemade)
Optional: 1–2 tablespoons coconut oil or extra-virgin olive oil if nut butter is too thick (makes mixing easier)
½ tsp salt

1. Place dried fruit in food processor. Process until fruit is well chopped, about 20 seconds. (You want distinct bits of fruit, not a sticky blob.)
2. Add chocolate and almonds, and process about 10 seconds. (Avoid overprocessing: some larger bits of almonds improve appearance and texture.)
3. Add pumpkin and sesame seeds, and pulse just until well mixed, about 10 times. Transfer mixture to bowl, preferably wide and shallow for easier mixing.
4. Combine maple syrup, nut butter (plus oil, if nut butter is too thick), and salt. Stir until smooth. Pour evenly over mixture and blend thoroughly.
5. Line an 8 x 8-inch pan with plastic wrap. (Use a big enough piece to be able to completely seal the top.) Transfer the mixture to the pan and pack down evenly and firmly to the edges of the pan. (A metal spatula or similar can help.) Seal tightly with the plastic wrap and chill for a few hours or overnight.
6. Turn out onto a cutting board and remove plastic. Use an 8-inch chef's knife or similar to cut into bars or squares and store in a well-sealed container in the refrigerator: they should keep well for a month.

Note:

▪ Toasting almonds greatly improves the flavor: toast in a 325-degree oven for 15 minutes, and sesame seeds for 10 minutes. Cool for 10 – 15 minutes before using.

▪ Dried fruit can vary enormously in texture and moisture content: choose carefully if experimenting.

Good Food, Great Medicine 2-part class

These classes target weight loss, diabetes reversal, and inflammation, and are based on the new 4th edition of *Good Food, Great Medicine*, which each participant will receive at the first class.

Good Food, Great Medicine class (part 1):

- Review interrelationship 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 applications 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:	3/6/2019 (Part 1) and 3/13/2019 (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

1/30/2019 Providence Portland Medical Center Internal Medicine Grand Rounds: *Brain Health and Lifestyle: Which Choices Really Matter?* Portland, OR.

2/21/2019 Bay Area Hospital Grand Rounds: *Good Food is Great Medicine: Which Diet and Lifestyle Choices Really Matter?* Coos Bay, OR.

2/26/2019 University Club: *Brain Health and Lifestyle: What Choices Really Matter?* Members only. Portland, OR.

3/6/2019 and 3/13/2019 – 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.

4/4/2019 – 4/25/2019 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)