

March 2015 Newsletter



Dr. Hassell with his sister Mea and author [Nancy Harmon Jenkins](#) (L), at the spectacular olive oil-focused dinner produced by Portland chef [Cathy Whims](#) for the Pacific Northwest Cool Climate Extra Virgin Olive Oil (EVOO) Conference at [Red Ridge Farms](#).

Good Food, Great Medicine class alumni puts his risk reduction plan into action

There have been some impressive successes from participants of the *Good Food, Great Medicine* class series. One example is Jim: in five weeks he lost four pounds and more than an inch around his waist, lowered his blood sugar, HbA1c, and triglycerides, and raised his HDL (good) cholesterol from 31 to 44! (The April class series is on April 1st and 8th – details follow on the next page.)

Eat in to win! Check out this study

People who cook most of their meals at home consume fewer carbohydrates, less sugar and less fat than those who cook less or not at all – even if they are not trying to lose weight. This is good news for the Back-to-the-Kitchen movement. A recent study¹ from Johns Hopkins Bloomberg School of Public Health says, “Americans are cooking less and relying more on food prepared away from home, which is typically more energy (calorie) dense and of lower nutritional value.” Even meals cooked at home are found to increasingly include prepared or semi-prepared food items. The study analyzes data from 9,569 adults over 20 years old and concludes:

1. People who eat out consume more calories than those who prepare their own food.
2. People who mostly prepare their own food make better choices when they *do* eat out.

Five reasons to prepare your own food

It's a compelling argument:

1. Any food you prepare yourself will be better for you than commercially-prepared options
2. Your waist will be slimmer: commercially-prepared food is more calorie-dense
3. Your wallet will be fatter: preparing your own food at home saves money
4. It will be easier to increase your intake of healthy whole foods like extra-virgin olive oil and vegetables
5. You can eat in your fuzzy slippers

Four easy whole food time-savers

Planning ahead is the key. If we know we have the makings of an easy, satisfying, waist-friendly meal at home, it will be less tempting to eat out. Grab a copy of *Good Food, Great Medicine* and try:

1. **Roasted Chicken Thighs** (page 220) with roasted vegetables (page 169). The chicken and the vegetables can share the same roasting pan, so even the clean-up is simple.
2. **Quick Little Black Bean Chili** (page 206; meat optional) served over brown rice (page 210) and a handful of grated sharp cheddar cheese.
3. **Lazy Lentils** (page 199) with sautéed sturdy greens (page 186), topped with crumbled feta.
4. **No-fuss Tuna and Greens** (page 105), using ingredients which deserve to be permanent pantry residents: 6-ounce cans of solid light tuna in olive oil, sweet onions, and napa cabbage.

Good fat, great medicine

Red Ridge Farms hosted their annual Pacific Northwest Cool Climate EVOO Conference 2/28-3/1 and asked Dr. Hassell to speak about the health benefits of extra-virgin olive oil. Actually, there are health benefits in just *visiting* the Oregon Olive Mill; it is part of the Durant family's Red Ridge Farms in Dayton, and the stunning beauty of the setting has a peaceful postcard-like quality that can help unwind the tight springs in your neck after a busy week. (Check out <http://redridgefarms.com/>). The conference was notable for good food, as you would

¹ Wolfson, J.A. and Bleich, S.N. Public Health Nutrition 2014
doi:10.1017/S1368980014001943

expect from a forum celebrating extra-virgin olive oil – especially since Nancy Harmon Jenkins, author of *The New Mediterranean Diet Cookbook* (and her newly-published *Virgin Territory*) was also a speaker. The focus was as much on cooking with extra-virgin olive oil as producing it. We were all reminded that preparing food at home is not only realistic for even the busiest of us, thanks to the relaxed nature of Mediterranean cooking, but also the best way to make sure we are eating good fat.

Choosing extra-virgin olive oil – does freshness matter?

Olive oil is like any fresh-squeezed juice – its nutrients are perishable. In the case of extra-virgin olive oil, much of the health benefit appears to be from a family of antioxidants called *phenols*, and the fresher the oil, the greater the phenol content. (See page 26 of *Good Food, Great Medicine*, 3rd edition, for more about olive oil.) The way it is stored is also important: the valuable fatty acids are sensitive to light, heat, and time, so it matters how oil is packed (colored glass, tins, or cartons are better than clear glass or plastic), and how long and at what temperatures it has been stored. So how to choose the healthiest olive oil?

- Look for extra-virgin, which is the least processed of the olive oils
- Look for a domestic brand – we recommend *Oregon Olive Mill* or *California Olive Ranch*
- Look for a “harvest date” on the label

Information for life transformation: *Good Food, Great Medicine* classes

Signed up for the April classes yet?

The two-part class series targets weight loss, insulin resistance, and type 2 diabetes, and details steps for preventing or reversing them. The classes are based on the new edition of *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 three” – a whole food Mediterranean diet, daily activity, and enough sleep.
- Work through the 14 simple risk reduction steps to target the inter-related factors and produce effective, lasting change in your waistline, blood sugar, and other risk factors.

Good Food, Great Medicine class (part 2):

- Explore practical application of whole food choices and menu planning. Review progress, find solutions to challenges, and fine-tune personal action plans.

Upcoming classes:

Time: 6 – 8 pm
Date: 4/1/15 (Part 1) and 4/8/15 (Part 2)
Location: Providence St. Vincent Medical Center
Cost: \$100 (2-class series)
Registration: Call 503.291.1777 to reserve a spot

The next two-part series will be:

Time: 7 – 9 pm
Date: 4/28/15 (Part 1) and 5/5/15 (Part 2)

The practice

If you are looking for a more personal approach to lifestyle change, feel free to call our office to schedule a consultation. In addition to his primary care practice, Dr. Hassell also offers consultation appointments for diagnosis, second opinion, or to develop patient-centered solutions using evidence-based conventional and lifestyle interventions.

Dr. Hassell’s speaking events

2/28/2015 and 3/1/2015 – Red Ridge Farms: 2015 Pacific Northwest Cool Climate Extra Virgin Olive Oil Conference; Dayton, OR. <http://redridgefarms.com/>

3/19/2015 – Sky Lakes Medical Center Wellness Center Seminar: Good Food is Great Medicine: Which Diet and Lifestyle Choices Really Matter? Klamath Falls, OR.

3/20/2015 – Sky Lakes Medical Center Grand Rounds: Ischemic Heart Disease and Stroke: Which Diet and Lifestyle Prescriptions Really Matter? Klamath Falls, OR.

3/30/2015 – Colon Cancer Lunch and Learn Series: Nutrition, Exercise & Natural Medicine to Reduce Risk, Enhance Survival, & Improve Quality of Life; Portland, OR. FREE FORUM and LUNCH, call the Providence Resource Line at 503.574.6595 to register.

4/01/2015 and 4/08/2015 – Good Food, Great Medicine 2-part Lifestyle Change Class Series: Portland, OR. For registration information call our office at 503.291.1777.

4/21/2015 – Providence Park WellSpace: Friend or Foe? Grains, Gluten, Meat, Dairy, Salt, Fat, and Alcohol; Portland, OR. FREE CLASS, call the Providence Resource Line at 503.574.6595 to register <http://www.providencehealthplan.com/wellspace>

4/28/2015 and 5/05/2015 – Good Food, Great Medicine 2-part Lifestyle Change Class Series: Portland, OR. For registration information call our office at 503.291.1777.

4/29/2015 – Town Club: Friend or Foe? Grains, Meat, Salt, Fat, & Alcohol; Portland, OR. <http://www.thetownclub.org/>

“Prove all things; hold fast that which is good.”
1 Thessalonians 5:21 (KJV)