Two trajectories – which will you choose?

1. Conventional: This is a path we can find ourselves on when we don’t realize the power we have in our own hands to impact our long-term health, and therefore accept that diagnoses such as type 2 diabetes are not reversible and assume that symptoms of chronic disease are an inevitable part of life. Often the only choices presented to us are medications and medical procedures, and without the addition of significant lifestyle change this trajectory leads to a higher likelihood of disease progression and complications, drug side effects, less independence, and more medical care.

2. Conventional + lifestyle: This can be a tougher trail to take at first, in terms of our personal effort and commitment: it means doing everything in our power to reverse disease, improve risk factors, and transform our long-term health. This trajectory combines aggressive lifestyle change with prudent conventional medical care, and involves asking more questions of our doctors, doing homework to investigate options, and planning ahead to make sure we carve out the time needed for preparing our own food and scheduling exercise. However, the rewards are better health and fewer (or no) medications, and at age 70, 80, or 90 we can expect to enjoy more independence and freedom from doctors appointments and medical expenses.

Begin a new trajectory: BASECAMP 4-part cardiac prevention + wellness series

Ready to make a fresh start and need some help? You may want to sign up for the 4-part class starting April 5th, when Providence Basecamp Cardiac Prevention + Wellness Center kicks off the next Good Food, Great Medicine 4-week class series. Come learn which food and lifestyle choices really can make a difference when we’re trying to prevent heart disease and stroke and control risk factors such as excess weight, high blood pressure, high cholesterol, high blood sugar, and inflammation. The choices we make concerning physicians, medications, preventative care visits, mammograms, and lab tests for blood sugar, cholesterol, and so on, are often not as important as the daily decisions we make concerning what to eat and how active to be. The good news is that evidence strongly supports following a minimally-restrictive
Knowledge is powerful medicine: join these two transformational series

**Good Food, Great Medicine 4-part**
BASECAMP cardiac prevention + wellness class series: April 5th – 26th

**BASECAMP Cardiac Prevention + Wellness Good Food, Great Medicine 4-part Series:** Learn about which food and activity choices really matter if we want to prevent heart disease and stroke and improve risk factors such as excess weight, high blood pressure, poor cholesterol, high blood sugar, and inflammation. Explore the long-term head-to-toe benefits of a minimally-restrictive Mediterranean diet of whole foods and healthy fats.

- **When:** Thursdays 6-8pm – 4/5, 4/12, 4/19, & 4/26
- **Where:** 1st floor of the Mother Joseph Plaza @ Providence St Vincent Medical Center
- **How to register:** Call the Providence Resource Line at 503.574.6595 or look for Good Food, Great Medicine in the class listing: providence.org/classes

**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.

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**Dr. Hassell’s speaking events**

3/6/2018 - BASECAMP Cardiac Prevention + Wellness: Women’s Tea and Talk: Good Food, Great Medicine. Portland, OR. Ladies please join Dr. Miles and Mea Hassell for a Mediterranean diet discussion and cooking demo at this FREE women’s wellness event: welcometobasecamp.org


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

4/28/2018 – North Plains Public Library: Good Food is Great Medicine Jessie Mays Community Center - 30975 NW Hillcrest St, North Plains OR 97133, 9:30-10:30am. Admission is FREE but a reservation is required, please call 503.647.5051 to reserve a spot. nplibrary.org

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**Sign up for this free monthly medical + lifestyle newsletter at Goodfoodgreatmedicine.com**

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

1 Thessalonians 5:21 (KJV)

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