

## May 2010 Newsletter



Round up some fresh grated carrot, walnuts, plain yogurt, and flax seeds, and you're almost ready to make some Serious Muffins, the recipe for which happens to be on the next page.

## Cancer Survivorship

### Guidelines for optimal outcomes

Most of us have confronted cancer, whether personally or from the sidelines of another's battle. It can be easy to be overwhelmed by the diagnosis. It's not a one sided battle, however – we have plenty of weapons to fight with, and evidence-based strategies to apply.

On May 18<sup>th</sup> Dr. Hassell will be discussing lifestyle approaches to the prevention and management of cancer, as well as an overview of some ideas for minimizing side effects from cancer treatments and evaluating claims for unusual 'cancer cures' that come across on the internet or elsewhere.

During cancer treatment people often ask for recommendations for steps they can take for themselves to augment their therapy, both to improve their immune system and minimize side effects – like fatigue, neuropathy, diarrhea, constipation, and weight loss. Is there any benefit to options like supplements, acupuncture, and massage therapy?

With conventional treatments behind them, patients often ask for ideas to help minimize the risk of reoccurrence. Many questions are diet related – does cancer 'feed on sugar?' Should I be on a low-fat diet? Should I eat meat? Should I be eating soy products? Do flax seeds have anti-cancer benefits?

Foods rich in omega 3 fatty acids, like the flax seeds and walnuts in the photo on this page, do appear to be associated with improved health outcomes, by the way. So do the carotenoids in the grated carrots and the healthy gut bacteria in the yogurt. (All four are ingredients in the recipe for *Serious Muffins* on the next page.)

So if you would like to be a part of this discussion on the various aspects of dealing with cancer, join us for the May 18<sup>th</sup> class. (Give us a call to pre-register at (503)291-1777.)

## New June 16<sup>th</sup> weight loss class!

Because our April weight loss class filled up so quickly, many of you were put on a waiting list. As promised, we have scheduled another class, which will be on Wednesday, June 16<sup>th</sup>. Dr. Hassell will be leading another discussion about food and exercise habits for losing weight and keeping it off for a lifetime. He will talk about the significance of carrying too much weight around your middle, and why a whole food Mediterranean diet, healthy fats included, is an evidence-based approach for *sustainable* weight loss.

The class will be at Providence St. Vincent Medical Center in Souther Auditorium from 6 – 8 pm. To pre-register, please call our office at (503) 291-1777.

## Book update: we're in Powell's!

*Good Food, Great Medicine* is finally available through **Powell's** bookstore, both on-line and at their bookstore downtown. You can also find it on **Amazon.com** (where we rank at a dizzying 385,376 on their best seller list) as well as at **Annie Bloom's Books** at 7834 SW Capitol Hwy. in Multnomah Village, **Broadway Books** at 1714 NE Broadway, the **Providence Integrative Medicine Programs** at Providence St. Vincent Medical Center and Providence Portland Medical Center, and, of course, at our web site, [www.goodfoodgreatmedicine.com](http://www.goodfoodgreatmedicine.com).

## Should you shun the sun?

As we head into summer, the question of whether sun exposure is good or bad for us continues to be raised. On one hand, too much sun exposure can lead to skin cancer. On the other hand, not enough sun may be cheating us of health benefits. As is obvious by now, it's a very good thing we have two hands.

Sun may be essential for health through various mechanisms apart from the production of vitamin D in the skin. A recent study using UV light to mimic tropical sunlight was tested on mice with an autoimmune disease that is the equivalent of human multiple sclerosis.

The results suggest that the sun's benefits may be related to much more than vitamin D. In this study the simulated sunlight 'dramatically' suppressed the disease independent of any change in vitamin D levels.

It's easy to over-interpret mouse experiments, mice being so prone to melodrama, but this study certainly adds to the data supporting the recommendation for some sun exposure without sunscreen. The suggestion that we deliberately accumulate about 20 minutes of sun exposure three times weekly, with arms and legs exposed, continues to seem reasonable. *Then* you can put on the sunscreen!<sup>1</sup>

### Upcoming Speaking Events

**5/13/2010– Alaska Tanker Company:** Skamania, Washington. *Employees only.*

**5/18/2010 – Good Food, Great Medicine Cancer Survivorship Class (with an emphasis on breast cancer):** Miles Hassell, MD. Providence St. Vincent Medical Center, Portland, Oregon. Please call (503) 291-1777 to register.

**6/16/2010 – Good Food, Great Medicine Weight Loss Class** Miles Hassell, MD. Providence St. Vincent Medical Center, Portland, Oregon. Please call (503) 291-1777 to register.

**6/25-27/2010 – Cardiology Update for the Primary Care Provider Conference:**  
Miles Hassell, MD: *What to do when statins aren't tolerated or don't work;* and *Nutritional Supplements.*  
Mea Hassell: *Good Food, Great Medicine Cooking Demonstration.* Leavenworth, Washington.

## Serious Muffins

### *with Flaxseed Meal and Carrot*

(Recipe is taken from *Good Food, Great Medicine.*)

It should be understood that this is not your average superficial, giddy sort of muffin. This is a muffin of substance and conviction.

(Makes 12 muffins, 1/2-cup size)

3/4 cup flaxseed meal (*See note*)  
1 1/4 cup whole wheat pastry flour  
2 teaspoons baking powder  
2 teaspoons baking soda  
1 teaspoon salt  
1 teaspoon cinnamon  
1/4 teaspoon ground cloves  
1 cup chopped walnuts  
1 cup raisins  
  
2 eggs  
1/2 cup plain yogurt (*not* non fat)  
1/2 cup honey  
2 raw carrots, finely grated (about 2 cups)

***Pre-heat oven to 400 degrees and oil muffin tins.***

1. Combine dry ingredients and mix thoroughly. (A dry wire whisk works well.) Stir in nuts and raisins and set aside.
2. In a mixing bowl or an 8-cup Pyrex jug, whisk eggs. Add yogurt and honey, and whisk for 20 seconds to dissolve honey.
3. Grate carrot on fine holes of grater (the 1/8 inch teardrop-shaped holes). Add to egg mixture and blend well.
4. Tip dry ingredients into wet and blend thoroughly. Set batter aside while you clean up your mess. Scoop batter into tins (a 1/3-cup measure works well) filling them 3/4-full.
5. Bake in center of 400-degree oven for about 20 minutes. Using a butter knife, ease muffins from tins and cool on wire rack.

**Note:** *For optimal nutrition we suggest that you buy whole flaxseeds and grind your own meal in a coffee grinder dedicated to that purpose. (A heaping half-cup of seeds will give you 3/4 cup of meal.) Keep flax seeds refrigerated to preserve those lovely fatty acids.*

<sup>1</sup> Becklund, B. et al. Proc Nat Acad Sci USA doi:10.1073  
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*“Prove all things; hold fast that which is good”*

*1 Thess. 5:21 (KJV)*