

## May 2015 Newsletter



This live KATU Commit 2 Be Fit interview was conducted at a brisk 1 mph on tandem treadmill desks while Dr. Hassell and Natali Marmion of KATU discussed the benefits of exercise. Check out "Take a walk on the sunny side," our April 16th blog post at [goodfoodgreatmedicine.blogspot.com](http://goodfoodgreatmedicine.blogspot.com) for more about exercise & some compelling reasons to make time for it.

### Have a serious health problem that needs an intensive solution?

#### New personalized one-year reversal plan

For stubborn health challenges like type 2 diabetes, excess weight, and heart disease, a personalized one-year reversal plan may be what you need. This patient-doctor partnership is designed to target disease reversal and improve long-term quality of life. We will work with you to:

- Set personalized health goals
- Create an action plan with aggressive risk factor management and dietary counseling
- Coordinate with other treating physicians
- Arrange for additional tests as needed
- Develop an intensive set of solutions to target specific issues like blood pressure, blood sugar, weight, cholesterol, joint pain, and sleep
- Minimize the use of medications
- Schedule regular follow-up visits, in person or by Skype or telephone, to evaluate results and make changes as necessary.

This comprehensive plan is designed to be a no-holds-barred approach for people who are having a difficult time overcoming obstacles to their health problems. Interested? Call our office for more details at 503.291.1777.

### Is this food friend or foe?

Okay, folks, this is getting out of hand. We just googled grains and the first link to come up was this: "How grains are killing you slowly." One wonders if the author of this bizarre statement considered the fact that humans have eaten grains throughout recorded history, with overwhelming evidence for benefit. (It would be perfectly accurate to say that *refined* grains might be killing you slowly – there is plenty of evidence that refined carbohydrates like white rice and white flour are the *real* hit men, so to speak.) Here are three concepts that can help serve as fact-filters when weighing the guilt of any food accused of crimes against humanity:

**Concept #1: Historical precedent** – If populations have been eating a particular food (such as grains) for thousands of years, we can usually feel confident about eating it today. This is a liberating concept and we are very fond of it; people have traditionally eaten freely from whatever plants or animals were available, and this omnivorous way of eating is much easier to follow than a restrictive diet.

**Concept #2: Medical data** – What do the majority of high-quality medical studies tell us about the food? All studies were not created equal, so it is important to base conclusions on the results of the best-quality data relevant to your situation. For example, studies looking at large numbers of people similar to us in age and risk factors for long periods of time are the most useful for guiding real-world food choices. (For more on this subject, see pages 10–19 in *Good Food Great Medicine*, 3<sup>rd</sup> edition.)

**Concept #3: Processing information** – The less that has been done to food since it was a living plant or animal, the better. When food is commercially processed, nutrient density is usually downgraded, calorie-density is upgraded, and oddball chemicals can sneak in. Some clues show up in the ingredient list but factors like heat and chemical processing can destroy or alter valuable fats, fiber, and nutrients, and this process is invisible to the consumer. In this way *real* food can be transformed into food-like substances that its own parents wouldn't recognize – chicken nuggets and textured vegetable protein, for example. So, even if a product claims to be "natural," the processing matters.

## Lions and tigers and gluten, oh my!

Using historical precedent, medical data, and processing information as fact-filters, we find that grains have been eaten for thousands of years, mostly in whole or minimally-processed form, and have been consistently linked to better health. (See pages 23-25 in the 3<sup>rd</sup> edition of *Good Food, Great Medicine*.) Looming large in any critique of grains is the issue of gluten (see pages 40-41 of the book), and here is what we need to remember:

- Minimally-processed whole grains, including those containing gluten – wheat, rye, barley – are associated with better health for most people (except for those with celiac disease).
- Those who do not have celiac disease but are gluten-sensitive may tolerate rye and barley, which have much lower levels of gluten.
- Commercially-prepared foods with added (refined) gluten are best avoided – look for “gluten” listed in the ingredient list. Refined gluten is used heavily throughout the prepared food and restaurant industry.
- Watch out for packaged foods and bakery items labeled “gluten-free” which often use highly-refined starches like rice, corn, sorghum, and tapioca flours and potato starch. Don’t be fooled – gluten-free junk food is still junk food!



Dr. Hassell with class alumni at the April 1<sup>st</sup> 2015 Good Food, Great Medicine class targeting type 2 diabetes reversal and weight loss.

## Information for life transformation: Next Good Food, Great Medicine classes

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.

**Time:** 6 – 8 pm  
**Date:** 7/15/15 (Part 1) and 7/22/15 (Part 2)  
**Location:** Providence St. Vincent Medical Center  
**Cost:** \$100 (2-class series)  
**Registration:** Call 503.291.1777 to reserve a spot

### What class participants are saying:

*“Having salads before lunch and dinner is helping. Working hard to stay away from sweets mid afternoon. My blood sugars are down – I’m slowly coming around!”*

*“In 5 weeks I’ve lost 4 pounds and 1 inch around my waist, lowered my triglycerides and blood sugar, and raised my HDL (good) cholesterol from 31 to 44.”*

*“In 1 month I’ve lost 5 pounds and my doctor stopped my blood pressure drugs after my blood pressure numbers dropped.”*

*“I’ve lost 12 pounds (about a pound a week) towards my goal of losing 100. I love this menu and feel it is the easiest to follow. My cravings have pretty much been eliminated and it is so easy not to snack after dinner any more. I have more energy mostly because I have less body pain and joint pain and I sleep much better at night.”*

## Dr. Hassell’s speaking events

**6/06/2015 – Quinault Walk to Prevention: Lifestyle Choices for Cancer Prevention and Survivorship;** Taholah, WA.

**6/16/2015 – Providence St. Vincent Medical Center Grand Rounds: Graceful Aging: The Lifestyle Prescription;** Portland, OR.

**6/16/2015 – NEXT Steps Against Cancer: Nutrition, Exercise and Natural Medicine to Reduce Risk, Enhance Survival, and Improve Quality of Life;** Portland, OR. FREE CLASS, call the Providence Resource Line at 503.574.6595 to register.

**7/15/2015 and 7/22/2015 – Good Food, Great Medicine 2-part Lifestyle Change Class Series:** Portland, OR. For registration information call our office at 503.291.1777.

**7/29/2015 – Providence Portland Medical Center Grand Rounds: Graceful Aging: The Lifestyle Prescription;** Portland, OR.

Sign up for this free monthly food and lifestyle newsletter at [Goodfoodgreatmedicine.com](http://Goodfoodgreatmedicine.com)

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