

## June 2015 Newsletter



A new diagnosis of type 2 diabetes motivated Brian to use food and exercise to totally reverse his diabetes and lose 85 pounds in three months – and another 20 pounds since then. Here are Brian's before and after photos – read on for the exciting before and after lab results!

### **Bam! Brian blitzes type 2 diabetes**

Brian is a 42-year-old Nike sales director whose job involves long hours, frequent travel, and lots of socializing over meals at restaurants. He generally ate as much as he wanted (especially Mexican food!) and exercised sporadically. He also had a long history of (unsustainable) weight loss programs. By October last year his weight had climbed to 328 pounds. "I didn't feel good and needed afternoon naps on the weekends just to be able to play with my two-year-old and five-year-old daughters." About then he injured his lower back and had to see a doctor urgently. Happily for Brian, the doctor he saw was Providence internist Michael Goodwin MD.

In the initial evaluation his high blood pressure and high cholesterol were no surprise to Brian – but the diagnosis of type 2 diabetes was a shock. Dr. Goodwin talked with him about the effectiveness of diet and lifestyle change to reverse diabetes instead of simply treating it with medications. He suggested using the handout on weight loss and reversing diabetes at [goodfoodgreatmedicine.com](http://goodfoodgreatmedicine.com) as a guide. "The shock *definitely* made me more receptive!" says Brian. He was then referred to Providence diabetes educator Elizabeth Paukert RN CDE, who encouraged his diabetes reversal game plan and gave him a copy of *Good Food, Great Medicine*. Brian took it from there.

### **These numbers tell the story**

The numbers below are astonishing when you realize that Brian didn't begin his serious lifestyle change until January 5<sup>th</sup> of this year; the actual time elapsed was only *three months!* "Having a firm diagnosis of diabetes was a great motivator," Brian says. He had a family history of diabetes and was aware of the health problems ahead if he didn't change course.

Pre and post lab results	11/17/14	3/30/15
Weight:	328	243
Body Mass Index (BMI):	47	35
Blood Pressure:	140/96	100/70*
Total Cholesterol:	197	99*
Triglycerides:	315	70
HDL (good) Cholesterol:	32	42
LDL (bad) Cholesterol:	102	43
Total Cholesterol:HDL Ratio:	6.2	2.4
HbA1c	6.5%	5.1%

\* With medication.

### **How did Brian do it?**

Brian admits he went hard core. "I didn't make any exceptions for three months. Nothing went into my mouth that wasn't on my plan."

**Planning ahead:** Brian says that the changes he made were "not that hard," but planning ahead has been critical to his success. "The key is preparation. If you're not prepared, you make bad choices."

**Exercise:** Brian spends an hour every day working out at home, typically with a treadmill and weight machine. When travelling he uses hotel gyms.

**Meals:** During the week a typical breakfast is a smoothie of vegetables (like broccoli, kale, spinach, and cucumber) with berries, seeds, and yogurt. Brian snacks on raw nuts mid-morning, an apple in the afternoon, and lunch and dinner are salads and/or cooked vegetables with fish, chicken, or red meat. "I just make sure two thirds of my plate is vegetables." He has salmon about four times a week, including the salmon cakes on page 227 of *Good Food, Great Medicine*. ("We love them – we make them every week.") Brian and his wife use generous amounts of olive oil with their cooking and eat eggs scrambled with vegetables on weekends. He eats 86% dark chocolate a few times a week and drinks "a lot of water and unsweetened iced tea."

**On the road:** When traveling he can almost always get steel cut oatmeal and berries for breakfast, and

vegetables with meat or fish for his other meals. “At hotels or supermarkets I can usually find a salad bar and some kind of grilled meat or hummus.”

## Transformation is contagious!

Today Brian is 223 pounds – a total loss of 105 pounds since January 5<sup>th</sup>. “I feel amazing. I have lots of energy and don’t fall asleep in the afternoon any more.” Brian’s dramatic weight loss has inspired others, including a client who lost 45 pounds after seeing what Brian was able to do. “My daughters are eating better, too, and exercise with me in the morning – it’s great daddy-daughter time. My two-year-old is upset if she doesn’t get her work-out!”

## Brian’s postscript

**Biggest challenge?** “The extra hour we spend at night preparing the next day’s food is probably the hardest part – now my wife and I chop vegetables together instead of sitting and watching TV.”

Another challenge has been buying new clothes to fit his shrinking dimensions. For example, his pant size has gone from 46 to 38 inches and is still dropping.

**Biggest surprise?** “When I eat food that I used to love but don’t eat any more, it doesn’t taste as good as I remember. It’s just not worth the guilt.”



Dr. Goodwin and Dr. Hassell celebrating Brian’s hard work!

## Miles’ postscript

One pound per week is a reasonable weight loss goal but Brian blitzed that, too. The important takeaway is that he managed this amazing weight loss with a sustainable, satisfying, minimally-restricted diet. But even more important than the weight loss is the fact that Brian reversed his diabetes and reduced his risk of future stroke, heart disease, dementia, and cancer, all while building a strong immune system and maintaining muscle strength. Just think! Reversing the national explosion of type 2 diabetes would actually be possible if more of us made the kind of choices that Brian did.

## 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 steps that target your risk factors and produce effective, lasting change in 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. Review progress, find solutions to challenges, and fine-tune personal action plans.

### What class participants are saying:

*“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.”*

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

## 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)