



Dr. Hassell with Rosie the hen and Tor with Rachel the pullet, 1 of 8 sisters (we hope – Rachel may actually be a rooster) which Tor has been raising since they were 3-day-old chicks. The Hassells are looking forward to lots of home-grown free-range eggs this summer.

Eggs, still healthy after all these years

The humble egg has been the subject of controversy for decades. The prosecution has charged that eggs contain too much cholesterol; the defense has pointed out that eggs are also loaded with a huge range of valuable nutrients, and have been commonly eaten by healthy people around the world and throughout history. Epidemiological studies have had mixed reviews on eggs, but the negative reviews are confounded by the fact that people who eat a lot of eggs also tend to have other habits such as smoking. So let's look at an overview of eggs and health:

1. Historical precedent is important; when the dust settles over any diet controversy, traditional whole foods are generally found to be healthy.
2. Cholesterol contained in whole foods is not related to heart disease or stroke risk.¹ This is a counterintuitive fact that can be tough to grasp.
3. Randomized controlled studies show eggs to be healthy,² including the 2018 DIABEGG study of patients with diabetes.³
4. A 2018 study following 500,000 participants for 4 years found eating eggs to be associated with less heart disease.⁴

Conclusion: The egg is a healthy part of a whole-food diet. Rosie keeps her job!

Take charge of your cancer prognosis

Lifestyle medicine has, at its core, the conviction that food and activity choices have a profound effect on our health outcomes, and that each of us is the most important factor in our own health equation. It's easy to lose sight of that fact when we're given a serious diagnosis like cancer, yet it looks like food and activity choices may sometimes impact health outcomes *more* than conventional medical interventions. An example is the recent finding that chemotherapy may not be as helpful as previously thought in many cases of early stage breast cancer.⁵

Take breast cancer survivorship as an example – which lifestyle choices matter?

- **Eat a whole food Mediterranean diet**, including extra-virgin olive oil: in the PREDIMED study, there was 68% lower risk of breast cancer in those who followed a Mediterranean diet. Olive oil has been associated with less breast cancer, in contrast to other vegetable oils. Preparing most of your own food from scratch is probably a very important part, as well. Whole food diets have also been associated with better survival, lower recurrence rates and less side effects from conventional therapy.^{6,7} (See pages 17 – 18 in *Good Food, Great Medicine*, 3rd edition, as well as the resources mentioned on the following page.)
- **Explore the specific foods** that help fight your cancer, including flax and other oil seeds, cultured dairy, and traditional soy foods like tofu and tempeh.
- **Avoid added sugars and refined grains.** They are associated with increased risk of breast cancer, and higher rates of cancer progression.
- **Reverse type 2 diabetes or prediabetes**, which are associated with more breast cancer and worse outcomes. Don't just treat them, defeat them!
- **Control your waistline:** excess weight around the middle is a major contributor to cancer risk, including overall survival and risk of metastasis.
- **Exercise 1–2 times daily**, including some resistance exercise, even during chemotherapy or other therapies. Being more active is associated with much lower risk of breast cancer, and about 30-50% lower risk of dying. Exercise and muscle mass are amazing immune boosters. (See *Let's Move More* on pages 50 – 55.)

¹ Berger, S. et al. *Am J Clin Nutr* 2015;102:276-94

² Richard, C. et al. *Can J Diabetes* 2017;1-11

³ Qin, C. et al. *Heart* 2018;0:1-8

⁴ Fuller, N. et al. *Am J Clin Nutr* May 7 2018;doi:10.1093

⁵ Sparano, J.A. et al. *NEJM* 2018; Jun 3. doi:10.1056

⁶ Schwedhelm, C. et al. *Nutr Rev* 2016;74:737-48

⁷ Ravasco, P. et al. *Am J Clin Nutr* 2012;96:1346-53

Strategies to help prevent cancer

These suggestions are just as effective against type 2 diabetes, heart disease, and excess weight:

1. **Schedule a consultation** with Dr. Hassell for evaluation, diagnosis, second opinion, or treatment plan, especially for difficult or persistent problems; and to identify steps to improve outcomes, reduce side effects of therapy, and review the value of specific nutritional supplements.
2. **Download** *Cancer Prevention and Survivorship* and *An Evidence-based Guide to Successful Waist Loss and Preventing or Reversing Insulin Resistance and Type 2 Diabetes* **handouts on the resources tab @ goodfoodgreatmedicine.com.**
3. **Read the first 126 pages of *Good Food, Great Medicine*** (3rd edition), especially the 14-step *Risk Reduction Action Plan* beginning on page 69.
4. **Join a *Good Food, Great Medicine* class series.** (See next column for more details.)
5. **Sign up for a health transformation program**, a one-year or six-month doctor-patient partnership for support, accountability, and dietary counsel.

Spinach Timbale

Spinach and eggs are good friends, and this recipe is so simply constructed and seasoned that anyone can make it, even if they don't think they can cook. *Spinach Timbale* (pronounced *TIM-bal*) is good for breakfast, lunch, dinner, or a snack, and goes especially well with fresh tomato chunks tossed in extra-virgin olive oil, balsamic vinegar, salt, and freshly ground pepper. (For a recipe for *Spinach Frittata*, see page 134.)

(Serves about 4 – 6)

5 eggs

1 cup half-and-half or whole milk

1 teaspoon salt

½ teaspoon freshly ground pepper

16 oz frozen chopped spinach, thawed

Preheat oven to 300 degrees. Melt or spread a tablespoon of butter in a 1½ quart baking dish.

1. Whisk eggs in medium bowl. Add half-and-half, seasoning, and thawed spinach (you will have about 2½ cups; no draining needed). Mix very well.
2. Scrape into buttered dish and bake 45–60 minutes, or just until no longer wet in center.

Note:

► The fastest way to thaw frozen spinach is in the microwave in an uncovered bowl for about 3 minutes. It's essentially cooked before being frozen, so for the freshest flavor you only want it barely thawed.

Good Food, Great Medicine 2-part classes:

A two-part class series to target weight loss, diabetes reversal, and inflammation

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.

“I’ve bounced around for decades trying to find an eating style that is sustainable. I’m very susceptible to simple carbs and will spiral into heroin-strength addiction. I want to function without being hungry [and] adherence to the Mediterranean diet works best. . . your approach is common sense AND evidence-based! Bravo!” Joan B, MD/MSPH

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| Time: | 6 – 8 pm Wednesday |
| Dates: | 7/11/2018 (Part 1) and 7/18/2018 (Part 2) |
| Location: | Providence St. Vincent Medical Center |
| Cost: | \$100 (2-class series) |
| Registration: | Call 503.291.1777 to reserve a place |

Dr. Hassell’s speaking events

7/11/2018 and 7/18/2018 – Good Food, Great Medicine TYPE 2 DIABETES REVERSAL and SUSTAINABLE WEIGHT LOSS 2-PART LIFESTYLE CHANGE CLASS SERIES: Portland, OR. Call our office at 503.291.1777 to register.

***COMING SOON Fall 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 join the waiting list or find *Good Food, Great Medicine* (waiting list) in the class catalog at providence.org/classes.

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)