cholesterol, chronic inflammatory changes, high blood pressure and dysregulation of insulin and other hormones. Our pharmaceutical treatments to lower blood sugar, cholesterol, and blood pressure help lower the risks of those serious complications a little bit...but only a little bit.¹ They do not lower our risk to normal, so we are still at a dramatically higher risk. Also, the dual burdens of cost and side effects remind us that drugs should rarely be our first line of defense.

A moral imperative: share the good news that type 2 diabetes can be reversed, not just managed

Type 2 diabetes has doubled in prevalence over the last twenty years:² a sobering statistic when you consider the problems associated with it. The good news that needs to be hollered from the rooftops is that there are changes we can make to our food and lifestyle choices that can reverse this trend, one person at a time. Many feel that there is no real alternative to pharmaceutical treatments for type 2 diabetes or the complications of excess weight, but the vigorous application of evidence-based lifestyle medicine has been shown to reverse type 2 diabetes. Evidence gathered from 30 years of studies removes opinion and ideology from the equation so we can focus on what really matters to long-term health.

Learn to love the food that loves you back

A whole food Mediterranean diet (see pages 20–33 in Good Food, Great Medicine, 3rd edition) combined with portion control, planning ahead, and daily activity offers impressive rewards:
- more energy
- better mood
- weight loss
- reversal of type 2 diabetes
- normalization of blood pressure
- striking improvements in cholesterol

Once your hard work has resulted in better blood sugar, blood pressure, and cholesterol you can work with your physician to deprescribe unnecessary medications. An omnivorous minimally-restrictive Mediterranean-style diet makes it easier for these improvements to be sustainable for the long term. The savings in medical appointments and expenses aren’t shabby, either!

¹ Thrasher, J. Am J Cardiol 2017;120:S4-S16
² CDC.gov accessed 7/7/2017

Blood sugar, blood pressure, and cholesterol drugs lower numbers but leave risks high

Being overweight or having type 2 diabetes typically means that our risk of heart attack, stroke, dementia, cancer, and chronic disability skyrockets. The reasons for these associations are complex and surprisingly poorly understood, but they include abnormal blood

Reserve a place at the Good Food, Great Medicine TYPE 2 DIABETES and WEIGHT LOSS LIFESTYLE CHANGE 2-PART CLASS SERIES July 19th & 26th
Come learn how to make health transformation not only doable but enjoyable!
Carrot Slaw

We love the bright heat of the ginger but you may prefer the more subtle sweetness of currants. Winco Foods carries the ginger in their bulk foods section in flat easy-to-mince pieces – and they won’t stick to your knife if you dab a bit of olive oil on it first. The raw sunflower seeds add crunch and additional protein and good fat to the recipe found on page 177 of Good Food, Great Medicine, 3rd edition. Have you tried sprouting your sunflower seeds? (See page 200.)

(Makes about 4 cups)

1 tablespoon apple cider vinegar
1 tablespoon honey
2 tablespoons extra-virgin olive oil
½ teaspoon freshly crushed garlic
½ – 1 teaspoon salt
½ teaspoon freshly ground pepper
2 cups grated carrot (about 2–3 medium)
3 cups shredded green cabbage
½ cup raw sunflower seeds
¼ cup minced candied ginger - or - currants
¼ cup chopped cilantro or parsley

1. Combine dressing ingredients in medium mixing bowl and swish with whisk to dissolve honey.
2. Add carrots, cabbage, sunflower seeds, ginger or currants, and cilantro or parsley. Toss thoroughly.

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 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. See demonstrations of a couple of foundational recipes from Good Food, Great Medicine. Review progress, find solutions to challenges, and fine-tune personal action 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

Dr. Hassell’s speaking events


10/3/2017 – 10/24/2017 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 search for Good Food, Great Medicine in the class catalog at www.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)

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