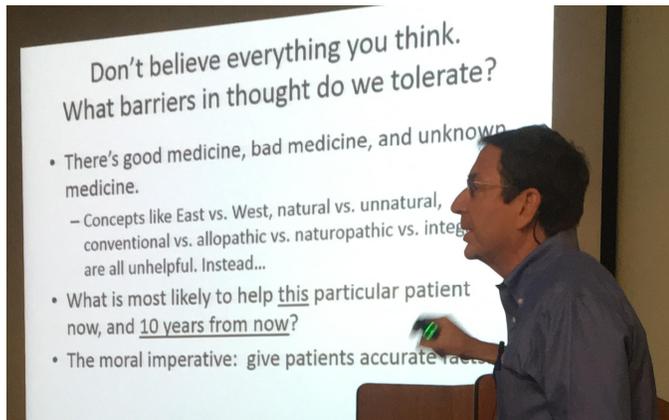


## JULY 2017 Newsletter



Dr. Hassell is discussing a favorite subject, the essentials of critical thinking, during his Grand Rounds presentation at the National University of Naturopathic Medicine in Portland on June 12<sup>th</sup>.

### Good medicine: busting the barriers of weight loss and type 2 diabetes reversal

In our practice we often hear, “I know what I have to do, but . . .” For those struggling with excess weight or blood sugar issues, the obstacle is often the barrier of change itself, and it seems easier to agree to a diet program or medical procedure that dictates what and when to eat. Although any diet that reduces calorie intake will reduce weight for the short term, it makes more sense to adopt food and lifestyle principles that are flexible and sustainable for the *long* term.

This long-term approach deals with root causes rather than temporary fixes while improving other health outcomes such as cancer and heart disease risk and minimizing (or eliminating) the need for medications. There is no one-size-fits-all solution, and it can take some open-minded experimentation to find what works for each of us. So how do we get started?

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

### 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

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.<sup>1</sup> 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:<sup>2</sup> 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*, 3<sup>rd</sup> 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!

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

## Health transformation toolbox

Here are five tools to get you started:

1. **Download** *An Evidence-based Guide to Successful Waist Loss and Preventing or Reversing Insulin Resistance and Type 2 Diabetes* **handout on the resources tab @ [goodfoodgreatmedicine.com](http://goodfoodgreatmedicine.com).** *Fat is Good, Bagels are Bad - some (Mediterranean) principles to eat by* is another great resource.
2. **Read the first 126 pages of *Good Food, Great Medicine*** (3<sup>rd</sup> edition), especially the 14-step *Risk Reduction Action Plan* beginning on page 69.
3. **Register for the July *Good Food, Great Medicine* class series.** (See details further on.)
4. **Schedule a consultation** with Dr. Hassell to address solutions for your particular situation.
5. **Sign up for a one-year health transformation program**, a 12-month intensive doctor-patient partnership customized to your specific situation.

## 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*, 3<sup>rd</sup> 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.

**Want some *real* news? Keep up with Dr. Hassell's Real Medicine posts!** Follow us on [Facebook!](#) Track us on [Twitter!](#) Browse our [blog!](#)

## 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

<b>Time:</b>	6 – 8 pm Wednesday
<b>Dates:</b>	7/19/2017 (Part 1) and 7/26/2017 (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 place

## Dr. Hassell's speaking events

**7/19/2017 & 7/26/2017 – *Good Food, Great Medicine* TYPE 2 DIABETES and WEIGHT LOSS 2-PART LIFESTYLE CHANGE CLASS SERIES:** Portland, OR. Call our office at 503.291.1777 to register.

**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](http://www.providence.org/classes).

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

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