

New season, new edition, new classes!

August/September 2018



Get a head start on fall! Chart a new course! Sign up for the next *Good Food, Great Medicine* class series at Providence's [Basecamp Cardiac Prevention + Wellness Center](#)! It's a fun 4-part series starting October 4th (details further on); come sample recipes, see cooking demos, & get the new 4th edition.

Good Food, Great Medicine 4-part series: BASECAMP cardiac prevention + wellness

Want to make a fresh start but could use a bit of help? Come learn which food and lifestyle choices really can make a difference when we're trying to prevent heart disease and stroke as well as other major diseases such as type 2 diabetes, cancer, and dementia. The 4-part lifestyle class will focus on controlling risk factors such as inflammation and excess weight as well as high blood pressure, cholesterol, and blood sugar. Dr. Hassell will explain why a whole food Mediterranean diet helps put us on track to address these simultaneously – one-stop shopping! Some of the topics Dr. Hassell will cover:

Critical thinking: Activate your fake news detector! Dr. Hassell will share steps he takes to assess the credibility of new ideas and information sources to separate truth from fiction in health care advice. Just because an idea *sounds* crazy doesn't mean it *is* crazy, and someone who *sounds* like an expert may simply be an expert salesperson. (Especially if they're selling something.)

Diet choices: Just how much difference do food choices make? (Hint: they are more important than just about anything else). Why don't medical authorities agree? Which food choices do the best studies support? What about individual foods like red meat, dairy, eggs, and so on? Which foods should we avoid and why?

Waist management: Does it matter where we carry our excess weight? Why is the weight around our waistline so important? We'll talk about some of the popular topics like the ketogenic diet, sugar addictions, and the ups and downs of weight loss.

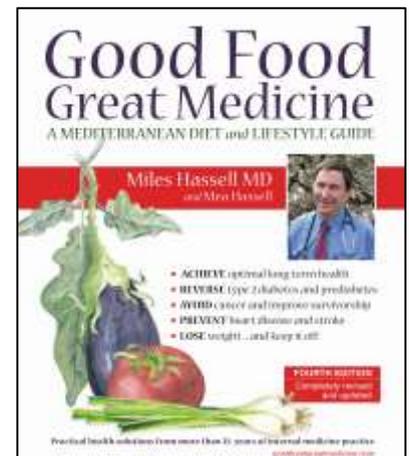
Fitness: Daily activity is an absolutely fundamental component in the health equation, and we'll discuss options for even the most exercise-challenged.

Nutritional supplements: We'll suggest the most reliable sources of information to help find your way through the nutritional supplement jungle, and review the potential for both benefit and harm of some of the most common supplements.

Good Food, Great Medicine summit club: The final class on October 25th will be a Mediterranean potluck. Participants are encouraged to share a favorite recipe from *Good Food, Great Medicine* and we'll discuss the challenges and rewards of preparing our own food as well as suggestions for making it easier.

Attendees will receive a copy of the completely revised and updated 4th edition of *Good Food, Great Medicine*, and Mea Hassell, co-author and recipe-creator of *Good Food, Great Medicine*, will provide samples and

demonstrate a few easy-to-prepare recipes. These fill Dr. Hassell's prescription for a minimally-restrictive Mediterranean diet of whole foods and healthy fats, which is not only delicious and sustainable, but also has long-term head-to-toe health benefits. Is lifestyle change hard work? You bet – but worth every minute!



Good Food, Great Medicine class feedback:

"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!"

"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."

Dates: Thursdays: 10/4, 10/11, 10/18, and 10/25
Time: 6 – 8 pm
Location: Providence St Vincent Medical Center
Cost: \$115 (4-class series, includes 4th edition)
Registration: Call the Providence Resource Line at 503.574.6595 or look for *Good Food, Great Medicine* in the class listing: providence.org/classes

Join us for the 4th edition launch at Powell's

Books: Cedar Hills Crossing, November 5th @ 7pm

What's new about the new edition? In the four years since the publication of the 3rd edition there's been a steady flow of *new* dietary studies, *new* claims about various foods and weight loss diets (keto, anyone?), and, of course, reruns of all the old controversies, too. *Good Food, Great Medicine* aims to provide clarity in the confusing mishmash of conflicting advice, and be your one-stop wellness guide with specific food and lifestyle prescriptions for disease reversal and prevention. **Here are some of the 4th edition updates:**

- Each chapter features the most up-to-date medical studies from the current literature.
- The reasons to eat a Mediterranean diet are expanded to include inflammation, immunity, depression and anxiety, heartburn (GERD), osteoporosis, ADHD, and healthier children – each with its own disease-specific lifestyle prescription.
- We take a much closer look at processed food, a category which has veritably exploded with ready-to-eat (or drink) products and food substitutes.
- A new chapter on the all-important subject of critical thinking, beginning with separating facts from opinions, and then testing the facts.
- The 14-step risk reduction plan for type 2 diabetes reversal, cardiac risk reduction, and weight loss incorporates more helpful tools and strategies.
- The *Practical Eating* section includes new meal planning ideas and tips for shopping and cooking.
- Recommendations for a non-restrictive and evidence-based Mediterranean diet are still simple, sustainable, and accessible – busting the myth that eating well has to be complicated and expensive.
- We've added a dozen new recipes to give more than 200 whole food options with clear directions and everyday ingredients.

Prevention + wellness resources

Here are five suggestions to get started:

1. **Schedule a consultation** with Dr. Hassell for evaluation, diagnosis, second opinion, or treatment plan, especially for difficult or persistent problems.
2. **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**. *Fat is Good, Bagels are Bad - some (Mediterranean) principles to eat by* is another great resource.
3. **Read the first 110 pages of *Good Food, Great Medicine*** (4th edition), especially the 14-step *Risk Reduction Action Plan* beginning on page 90.
4. **Join the *Good Food, Great Medicine* 4-part class series.** (See left column for more details.)
5. **Sign up for a health transformation program**, a one-year or six-month one-on-one doctor-patient partnership providing support, accountability, and dietary counsel using a whole food Mediterranean model for people with specific objectives such as weight loss or reversing type 2 diabetes.

Dr. Hassell's speaking events

9/11/2018 Providence St. Vincent Medical Center Grand

Rounds: Omnivore or Vegetarian: Comparing the Health Outcomes Data: with Daniel Redwood DC, Director of Human Nutrition and Functional Medicine at the University of Western States. Portland, OR.

9/13/2018 Providence Medical Group Nurse Quality Council:

Friend or Foe? How to Critically Think Through Contradictory Dietary Advice: Portland, OR.

10/4/2018 – 10/25/2018 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 register or find *Good Food, Great Medicine* in the class catalog at providence.org/classes.

10/14/2018 OR Society of Physician Assistants: Nutrition and

Evidenced-Based Diet Changes that Improve Cardiac Health:

Salishan, OR. oregonpa.org.
11/5/2018 4th Edition Launch at Powell's Books – Cedar Hills Crossing: *Good Food is Great Medicine:* Dr. Hassell will begin speaking at 7pm and book signing will follow. No need to register 3415 SW Cedar Hills Blvd, Beaverton, OR powells.com.

11/30/2018 Providence Brain and Spine Institute's 5th Annual Fall Conference: Management of Neurologic and Neurosurgical Disorders in Daily Practice: Brain Health and Lifestyle: Which Choices Really Matter? Portland, OR. Providenceoregon.org/neuroscienceconference.

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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