

**56 pounds lighter. . . look at Eric's new numbers!**

**August 2019**



*Eric and Dr. Hassell celebrating Eric's 6-month health transformation. Ready to start? Download our NEW Evidence-based Guide to Successful Waist Loss and Type 2 Diabetes Reversal at [goodfoodgreatmedicine.com](http://goodfoodgreatmedicine.com).*

**Eric lost 56 pounds in 6 months! Cholesterol improved 20 – 25%! Blood sugar down 25%!**

At his annual physical last December Eric was 307 pounds, and even at 6'5" he knew he had to do something about it. His primary care doctor, Ruth Fischer-Wright MD, suggested he read *Good Food Great Medicine*. Eric read the book, and within about 2 weeks he had cut out processed foods and started walking every day. Within the first 3 months he had lost 22 pounds, his fasting glucose dropped 25%, his HDL improved by 25%, and his LDL and triglycerides both dropped 20%! He then came to the 2-part *Good Food Great Medicine* weight loss and type 2 diabetes reversal class, and in the following 3 months lost *another* 34 pounds – a total of 56 pounds! WOW. Here's how Eric explains his success:

**What motivated you?** "Mainly it was my desire to live a life that didn't require management through medication, and to be around for my children. My weight, blood sugar, blood pressure, and cholesterol were edging up, and the potential of diabetes along with everything else really got to me. I was ready to change."

**What were the main changes you made?** "The book's comments on the necessity of exercise was good for me: 'Only exercise on the days you don't want to have a heart attack or a stroke!' Although I hate exercise, I began walking almost 2 miles after breakfast every day, and I've continued that ever since. Also, I began looking at ingredient lists, and stopped thinking that bean burgers and other 'organic' processed foods were taking me where I wanted to go. I started eating *Dr. Hassell's Crackpot Cereal* [see recipe further on] daily, salads for

lunch with no dressings other than olive oil and balsamic vinegar that I put on, my own homemade hummus that I often have with Wasa Multigrain crackers, and normally an orange with a square or two of 80-95% chocolate. I also incorporate sardines and/or some meat, raw nuts, and extra-sharp cheddar. Dinners are simple to prepare: salad with either pork, chicken, salmon, turkey, or beef. No more cured meats, lunch meats, pastas, or breads in the last 6 months – except for a few times, mainly 'family' events. Meals out are infrequent, but now when I do eat out I normally select a hamburger patty or another minimally processed protein, salad greens, and usually red wine."

**How difficult was it?** "It has been a HUGE change for me but it helped that I was able to 'buy into' the book. The studies were convincing, and the 'rules' that I got from the book and classes were easy for me to interpret and follow. . . for example, I appreciated the logic of the oat continuum [page 135] and similar elements of the book. It was not simply 'don't eat bread' (which I LOVE) but the book clearly explained the logic of what to *do* rather than what to avoid. That helped me out."

**What were the main barriers?** "I am NOT a healthy eater by nature or choice: this was different than my past, and so change itself was the main barrier. I had to re-frame my perspective of the right path to success; it was clarified with the book's guidance, but it was still a new way of thinking. Trying to find the 'right' food options outside of the home was a challenge at first."

**Are you feeling better?** "Yes! I'm feeling better, and proud of my numbers and that others are noticing how much better I'm doing. Seeing results and HEARING others offer their encouragement and insights definitely helps: 'You are looking great!' 'Have you been losing weight?' 'I can't even keep up with you on our walks anymore!' ...etc."

**Is it sustainable?** "Yes! I don't feel that I am missing out on things by practicing what is in the book. For me it is sustainable because it offers guidance on what to go TOWARD more than what to AVOID, and the things that it directs me TOWARD make sense. I'm still going strong, and everyone rolls their eyes a little when I bring up my mantra of, 'Oh, that's because Miles Hassell says...'"

**Postscript from Miles:** Eric's can-do attitude is an inspiration, and his success is a demonstration of the transformational effect that simple food and activity choices can have on our health. And you can do it, too! [See October 4-part class series next page.]

## Dr. Hassell's Crackpot Cereal (easy stovetop overnight method)

We use *intact* whole grains to take full advantage of their impressive health benefits (see page 39 of *Good Food, Great Medicine*, 4<sup>th</sup> edition), which include lower rates of abdominal obesity, cancer, and type 2 diabetes, and reduced risk of heart disease and stroke. Intact grains are the best choice for anyone struggling with weight or blood sugar – and *Dr. Hassell's Crackpot Cereal* happens to be Eric's favorite breakfast!

(Makes about 3 cups)

1 cup intact whole grains (⅓ cup each of oat groats, rye berries, and whole hull-less barley)  
2 cups water  
½ teaspoon salt

1. Combine grains, water, and salt in a 1½-quart sauce pan. Bring to a boil, then reduce heat and simmer 10 minutes.
2. Remove from heat and cover. Leave on stove top about 8 hours or overnight.
3. Remove the lid and bring back to a boil. Turn off heat. If there seems to be far too much unabsorbed liquid, allow grains to boil longer: however, quite a bit of liquid will continue to be absorbed after being removed from the heat.
4. Store remaining cereal in the refrigerator. You can even freeze serving-sized portions.

### Note:

- **If you would prefer a softer porridge-like texture**, use the crockpot method (recipe page 214 of *Good Food, Great Medicine*, 4<sup>th</sup> edition).
- **Look for the grains** in the bulk section of some grocery stores or online: if you have trouble finding them, contact our office, we have them, too.
- **Serving suggestions:** honey or brown sugar, berries, chopped banana, raw nuts such as slivered almonds or walnut pieces, whole milk or half-and-half, etc.

## Good Food, Great Medicine 4-part BASECAMP cardiac prevention + wellness class series: October 3<sup>rd</sup> – 24<sup>th</sup>

**BASECAMP Cardiac Prevention + Wellness** *Good Food, Great Medicine* 4-part Series: Learn about which food and activity choices really matter if we want to prevent heart disease and stroke and improve risk factors such as excess weight, high blood pressure, poor cholesterol, high blood sugar, and inflammation. Explore the long-term head-to-toe benefits of a minimally-restrictive Mediterranean diet of whole foods and healthy fats.

- **When:** October 3, 10, 17, & 24 Thursdays 6-8pm
- **Where:** 1<sup>st</sup> floor of the Mother Joseph Plaza @ Providence St. Vincent Medical Center
- **How to register:** Call the Providence Resource Line at 503.574.6595 or look for *Good Food, Great Medicine* in the class listing: [providence.org/classes](http://providence.org/classes)

## Dr. Hassell's Good Food, Great Medicine Oregon-sourced Starter Kit

A quartet of good food basics: Oregon-sourced, Mediterranean-approved, and minimally processed.

**Dr. Hassell's Crackpot Cereal:** A trio of intact whole grains (oat groats, whole barley, and rye berries) which turns into a hot, fragrant breakfast overnight while you sleep. Delicious with a bit of whole milk, raw honey, walnuts, and blueberries.

**Raw Oregon Honey:** Unrefined and rich in antioxidants, local pollen, and the occasional bee's knee, this honey was harvested from gardens along the Willamette River by bees who work for [raworegonhoney.com](http://raworegonhoney.com), run by 3 generations of the Vollintine family in Oak Grove.

### Extra-Virgin Olive Oil from Durant Olive Mill:

This is fresh-squeezed extra-virgin Arbequina olive oil from the first commercial olive mill in the NW, situated at beautiful Red Ridge Farms in Dayton. [durantoregon.com](http://durantoregon.com)

**Dagoba Extra-Dark Chocolate:** Smooth, rich with 84% cacao, and just the right amount of sweetness! Dagoba is considered by some to be among the world's best chocolates, and it's crafted in Ashland.

[dagobachocolate.com](http://dagobachocolate.com)

To order a starter kit contact our office at 503.291.1777. Kits are \$65. (To include a copy of *Good Food, Great Medicine*, add \$30.) Priority mail shipping is available for \$15 (\$20 with the book).

## Dr. Hassell's speaking events

**9/25/2019 – Stress, Depression, and Anxiety: The Most Effective Lifestyle Choices for More Optimism and Resilience:** Come hear Dr. Hassell talk about 7 of the most powerful food and activity choices. 6–8pm in Souther Auditorium. This is a free event – no need to register but seating is limited. Books will be available for sale. Providence St. Vincent Medical Center, 9155 SW Barnes Rd, Portland, OR 97225.

**10/3/2019 – 10/24/2019 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](http://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)