

September 2014 Newsletter

Join us to celebrate the birth!

It's a book! A healthy 2 pounds, 288 pages, and overdue – the completely revised and updated third edition of *Good Food, Great Medicine*.

**Powell's Books: Cedar Hills Crossing
3415 SW Cedar Hills Blvd, Beaverton
Friday, October 3rd at 7 pm**

Bring a friend and come hear Dr. Hassell discuss the importance of food as our best medicine, and which diet and lifestyle choices really matter. There will be a lively Q&A session following.

- Get *excited* about good food and better health
- Get *answers* about controversies concerning foods like dairy, gluten, red meat, and salt
- Get *informed* about reducing risks for chronic problems such as heart disease, stroke, obesity, type 2 diabetes, dementia and cancer

Good Food Great Medicine

A MEDITERRANEAN
DIET AND LIFESTYLE GUIDE



Miles Hassell MD is an internist in private practice and medical director of the integrative medicine program at Providence Cancer Center. His sister and co-author **Mea Hassell** is a freelance writer

and cooking instructor who translates Miles' passion for nutritional medicine into recipes.



"Good Food + Great Medicine = fantastic book! Dr. Miles Hassell tackles prevention with evidence, creativity, and passion, and the results go down easy. His thoughtful approach to current nutrition controversies will help all of our patients make better decisions about their health."

JAMES BECKERMAN MD, FACC

"I have seen these recommendations reverse type 2 diabetes in my own family. Good Food, Great Medicine presents a clear roadmap to lose weight and reduce heart disease and diabetes risk. You will want to share this with your friends and loved ones."

CURTIS HOLZGANG MD, MACP

Transform your health with the **NEW** Good Food, Great Medicine

Use simple, evidence-based lifestyle choices (and your kitchen) to pursue optimal health:

- prevent or reverse heart disease and stroke
- treat high blood pressure and cholesterol with fewer drugs
- prevent or reverse type 2 diabetes, insulin resistance, and the metabolic syndrome
- maintain an active mind and body
- achieve sustainable weight loss
- prevent cancer and improve survivorship
- increase immunity and reduce inflammation
- learn sensible strategies for more energy, better sleep, and less depression
- ...and reduce health care costs as a side effect

Get excited!

The power tools for a successful personal health revolution are within reach. *Good Food, Great Medicine* identifies the foods and activities that boost the immune system and reduce risks across a broad spectrum of chronic diseases. This new edition highlights the overwhelming evidence for choosing whole foods over processed foods, eating out less, moving more, and getting enough sleep – using everyday resources like a kitchen, the perimeter of a grocery store, and walking shoes.

Get inspired!

These simple lifestyle choices radically transform lives. The most rewarding feedback from *Good Food Great Medicine* readers is from those who say they not only feel more informed, but are also inspired to make changes. This new edition includes many examples of their stories.

Get answers!

How do I identify good bread? Which yogurt should I buy? Should I eat wheat? What about meat? Eggs? Dairy? Is one sugar better than another? Can I really reverse my type 2 diabetes? How can I get off my blood pressure drugs? *Good Food, Great Medicine* provides evidence-based answers while equipping readers to evaluate study data for themselves. The book cuts through the confusion

over often conflicting health advice; explores diet controversies such as saturated fat, salt, dairy, and gluten; discusses which foods to avoid and why; and lays out some of the powerful reasons to schedule time for physical activity and sleep.

Get informed!

Opinions abound as to what we should and shouldn't eat, but good data trumps opinion every time. Mediterranean? Paleo? Vegetarian? Vegan? The answer can be found at the intersection of good science and historical precedent – evidence from hundreds of high-quality diet studies and the eating habits of healthy populations for thousands of years of recorded history. The new edition of *Good Food, Great Medicine* points out the remarkably consistent evidence for an omnivorous Mediterranean-style diet – a wide variety of whole foods from both plants (vegetables, fruit, nuts, beans, grains) and animals (meat, fish, eggs, dairy). Michael Pollan puts it succinctly: “Eat food. Mostly plants. Not too much.”

Get started!

Looking for lifestyle solutions for type 2 diabetes, heart disease, or weight loss? The new 14 step *Risk Reduction Action Plan* can help you identify and apply lifestyle changes that will have the most impact on your health. There are also strategies for eating at work, planning meals, and feeding children, as well as a suggested list of whole foods for stocking your pantry. You will find 185 simple-to-follow recipes with everyday ingredients and handy cooking tips. (For those of you who have asked, we haven't deleted any recipes from the previous edition, but have updated and expanded them to include 30 new favorites.) Although this edition has a completely new look and feel, what has *not* changed is the easy reading style, evidence-based focus, and great-tasting recipes that reflect the principles presented in the first part of the book: keep it simple, make it taste good, and double the vegetables.

...and help others get started, too!

Know someone who thinks eating a healthy diet means giving up food that tastes good? Cooking a meal from *Good Food, Great Medicine* might help change their mind. Who knows? You may change their life, too. Another way to get out the good food news is through (what else?) social media. We would be delighted if some of you social-media-savvy book fans could help spread the word about the new edition of *Good Food, Great Medicine*.

How to get the new edition...

You can pre-order a signed edition at [Powell's Books](#) today, and it will also be available soon at: [Amazon](#), [Annie Bloom's Books](#), [Multnomah-Clackamas-Washington-Clark County Libraries](#), [Providence Integrative Medicine Program](#), as well as our office and website, [goodfoodgreatmedicine.com](#). Here you will find more book details and helpful resources such as a shopping list, sample recipes, table of contents, and other patient handouts. There is also a book order form for ordering individual books – or by the case for the wholesale price of \$18 each (plus shipping). Got your Christmas list?

The practice

If you are looking for a more personal approach to lifestyle change, feel free to call our office to schedule a consultation. In addition to his primary care practice, Dr. Hassell also offers consultation appointments for diagnosis, second opinion, or to develop patient-centered solutions using evidence-based conventional and lifestyle interventions.

Dr. Hassell's speaking events

9/12/2014 – Providence St. Vincent Cardiovascular lab:

How a Greek Grandmother Would Solve the Health Care Crisis: Which Diet and Lifestyle Choices Really Matter? Portland, OR.

9/18/2014 – Alaska Tanker Company: *Which Diet and Lifestyle Choices Really Matter?* Portland, OR.

9/25/2014 – East Portland Rotary Club:

How a Greek Grandmother Would Solve the Health Care Crisis: Which Diet and Lifestyle Choices Really Matter? Portland, OR.

10/3/2014 – Powell's Books: *Good Food is Great Medicine: Which Diet and Lifestyle Choices Really Matter?* Beaverton, OR.

For event information: [powells.com/calendar](#)

SAVE THE DATE!

7 pm Friday, October 3rd

Powell's Books: Cedar Hills Crossing

3415 SW Cedar Hills Blvd, Beaverton

1-800-878-7323

(No registration necessary)

10/10/2014 – Beaverton MOPS: *Meal Planning for Kids and with Kids*; Beaverton, OR. [beavertonmops.com](#)

10/20/2014 and 11/13/2014 – Providence Home Health and Hospice Conference: *Taking Care of Ourselves: Lifestyle Choices for Optimism and Resilience*; Oregon City, OR.

10/29/2014-11/2/2014 – Riding the Waves of Primary Care – Topics in the Tropics: *Nutritional Supplements: An Overview of Key Issues; Depression and Anxiety: What Non-pharmacological Options Are Reasonable to Include in a Treatment Plan; Lifestyle Cases*. Big Island, HI.

“Prove all things; hold fast that which is good.”

1 Thessalonians 5:21 (KJV)