So, while the health community continues to work on better drugs to treat type 2 diabetes, someone with type 2 diabetes or pre-diabetes can take steps now to reverse the disease and prevent the associated complications. As an added benefit, these steps will also lower risks for diseases like cancer and dementia and avoid the side effects (and cost) of the medications.

Shifting a diabetes diagnosis into reverse

First, we need to remember that type 2 diabetes is not just a blood sugar management problem, and is reversible in most cases. The next step is to recognize that a diagnosis of diabetes is a courtesy wake-up call from our metabolic system. It can be tempting to push the snooze button, but the first alarm is the best time to begin your reversal strategy, which is to attack diabetes on three fronts: adopt a whole food Mediterranean-style diet, reduce “visceral fat” (the fat in and around abdominal organs), and exercise daily. The final step is to tweak the plan as needed until we see numbers moving in the right direction; for example, cutting back on concentrated starches like potatoes and brown rice until your blood sugar is normal without medications – ex-diabetic status! This is not as easy as taking medications but the rewards are infinitely greater – a dramatically reduced risk of heart disease, stroke, cancer, dementia and even osteoarthritis, and a much better chance of a good quality of life in our later years.

Type 2 diabetes reversal & prevention plan

Here are five diabetes reversal tools to get you started:

1. If you’re short on time, start with a handout on our website (goodfoodgreatmedicine.com) called An Evidence-based Guide to Successful Waist Loss and Preventing or Reversing Insulin Resistance and Type 2 Diabetes. (Click on the resources tab.)
3. Register for the October Good Food, Great Medicine class series. (See next page for details.)
4. Schedule an individual 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.

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5 Marso, S.P. et al. NEJM 2016;375:311-22
6 Zinman, B. et al. NEJM 2015;373:2117-28
Mediterranean Chopped Salad

This *Good Food, Great Medicine* salad was featured earlier this month at a luncheon provided by the Providence Foundation and the Heart and Vascular Institute for Providence St. Vincent Medical Center volunteers. A salad like this can be made on a weekend and served all week—packed for office and school lunches and as a side dish at home. It is content to wait at room temperature for a few hours, and with the additional protein provided by the chickpeas and cheese you have a stand-alone meal that is refreshing and satisfying.

*(Makes 7 – 8 cups)*

1 cup sweet onion in ¼-inch dice  
2 tablespoons apple cider vinegar or fresh lemon juice  
2 tablespoons extra-virgin olive oil  
½ teaspoon freshly crushed garlic  
1 teaspoon salt  
½ teaspoon freshly ground pepper  
1 cucumber peeled and quartered lengthwise  
3 Roma tomatoes in ¼-inch dice, about 2 cups  
1 sweet yellow bell pepper in ¼-inch dice  
½ cup chopped cilantro or parsley  
1 cup crumbled or diced feta cheese *(not low fat!)*  
1 can (15 ounces) chick peas, drained

1. Combine diced onion, vinegar or lemon juice, extra-virgin olive oil, garlic, salt, and pepper in a medium mixing bowl.

2. Seed cucumber if seeds are large, and cut into ¼-inch dice. (You don’t need to peel or seed English cucumbers.) Dice tomatoes and bell pepper; there should be about 2 cups each of cucumber and tomato, and about 1½ cups of diced pepper.)

3. Add vegetables, cilantro or parsley, feta, and chickpeas to onion and dressing mixture. Toss to blend thoroughly.

**Note:**

- Any variation on the theme here works—a bit of crisp radishes, celery, green onions, olives . . . rules in the Mediterranean regions tend to be relaxed. For this salad, though, keep everything in roughly ¼-inch dice.

- I use Roma tomatoes because they tend to have more meat and less juice. The salad is especially good when tomatoes are in season, but the combination of ingredients is so rich in flavor it is delicious year round.

**Good Food, Great Medicine classes**

Our two-part class series targets weight loss, insulin resistance, and type 2 diabetes, and details steps for preventing or reversing them. The classes are based on the 3rd edition of *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

**Time:** 6 – 8 pm Wednesday  
**Dates:** 10/19/2016 (Part 1) and 10/26/16 (Part 2)  
**Location:** Providence St. Vincent Medical Center  
**Cost:** $100 (2-class series)  
**Registration:** Call 503.291.1777 to reserve a spot

**Dr. Hassell’s speaking events**

9/15/2016 – Pacific University Physician Assistant Program: *Ischemic Heart Disease: Which Diet and Lifestyle Choices Really Matter?* Hillsboro, OR.  
9/30/2016 – Great Western Council of Optometry: *Transformational Collaboration in Chronic Care Delivery Panel Discussion.* Portland, OR.  

**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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