

September 2017 Newsletter



Mike before his heart attack, and today, 4 years later; "(I) ran a half marathon relay with my oldest son this weekend. First time I have run 6+ miles (my leg) in 35 years. Thanks for always believing in me and that I would someday start believing in myself."

Refined carbohydrates found guilty – again – of attempted heart disease

You're right. This isn't new. The evidence continues to pile up against refined carbs – particularly sugars and foods made with flour – as a much greater heart disease risk than eating fat. The latest indictment is from the PURE study;¹ it enrolled 135,000 people in 18 countries for over 7 years and found that those eating the most refined carbs had a significantly higher risk of dying of any cause. In contrast, those with the *highest fat* intake, regardless of the source of the fat, had a *lower risk* of dying, and eating *more* saturated fat was associated with a *lower risk* of stroke.

Mike ran from refined carbs and beat heart disease – and is still running strong!

Three years ago we shared Mike's lifestyle change story in our [November 2014 newsletter](#), one year post heart attack. When asked how he transformed his risk factors, Mike says he first made a promise to learn to surf (which he did), and then stopped eating sugar and other refined carbs, replaced his early-morning loaded latte with black coffee, ate more vegetables, kept meat to 25% of his plate, cooked more at home, cut out cocktails, and switched to bread made with just whole rye kernels, rye flour, water, and salt. His weight, blood pressure, and cholesterol all improved – and four years later he's added half-marathon relays!

Eat more *good fat* – it's great medicine

Eating a Mediterranean-style diet with unrestricted naturally-occurring fats is associated with *better* weight control and *less* diabetes, heart disease, stroke, cancer, dementia, and depression. Fat makes food more satisfying, reduces carbohydrate craving, slows the rise of blood sugar after eating, and helps delay the return of hunger. Eating foods with good fat also makes it easier to reduce our sweet tooth without feeling deprived. Sources of "good fat", by the way, include foods like extra-virgin olive oil, raw nuts and seeds, avocados, eggs, and oil-rich fish like salmon. Although the role of fat in the diet is a complex one, the persistent evidence for harm from refined carbohydrates (foods with refined grains or sweetening) is not discussed enough. (For more on this subject, including other major studies examining the effects of refined carbs and good fat on our health, see pages 42–46, 76–77, and 26–34 in *Good Food, Great Medicine*, 3rd edition.)

Tools to help reduce refined carbs and add more good fat for optimal health

Many people struggling with a constellation of chronic health issues such as excess weight, type 2 diabetes, high blood pressure, high cholesterol, and depression, feel like they're "stuck." Five tools that may help are:

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* (3rd edition), especially the 14-step *Risk Reduction Action Plan* beginning on page 69.**
3. **Register for the September *Good Food, Great Medicine* diabetes and weight loss class series.** (Details further on.)
4. **Schedule a consultation** with Dr. Hassell to address solutions for your particular situation.
5. **Sign up for the *One-Year Health Transformation Program***, which gives you an intensive one-on-one partnership with Dr. Hassell and his team to access whatever tools are needed to overcome challenges that are preventing you from moving forward.

¹ Dehghan, M. et al. Lancet 8.28.2017



Fresh Tomato Salad (page 176, 3rd edition)

It's a pretty good month when you can get sun-ripened local tomatoes and crisp Walla Walla onions together on one plate. A simple tomato salad like this is easy to jazz up with fresh herbs like basil and balsamic vinegar, some rich chunks of burrata cheese, or some diced avocado. . . and so on. This is the best time of year to make this salad, but don't forget that a generous application of some coarse salt and freshly ground pepper can do exciting things to almost *any* tomato.

1. Slice fresh tomatoes (1 decent-sized tomato per person) into chunks, wedges, or slices, and sprinkle with salt and freshly ground pepper. (The salt draws out the juices and combines with the pepper to make its own dressing.) This is best done within a half-hour of serving.
2. Peel sweet onion (see note) and halve lengthwise. Lay one half cut side down on cutting board and slice thin wedges (no more than ¼-inch at widest point) from the rounded edge. You will need about ½–1 cup of onion slices (about half a medium onion) depending on the amount of tomato and mildness of the onion. Combine with 2 tablespoons of vinaigrette (page 140) and a generous sprinkle of salt, and set aside to marinate for 15 minutes, if possible. Mix gently with chopped tomatoes. Goes nicely with a late summer barbeque.

Note:

- Make sure the onion is labeled a sweet onion, looks fresh, and feels hard all over, especially on the stem end. This is one of those recipes where hot onions (yellow or "storage" onions) are not an option. If your sweet onion turns out to be suspiciously hot, marinate the slices in the vinaigrette for 30 minutes instead of 15. A long time-out in vinaigrette can help tame a fierce onion. (You can usually find sweet onions year round, imported or otherwise.)

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 changes to 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.

Time:	6:30 – 8:30 pm Thursday
Dates:	9/21/2017 (Part 1) and 9/28/2017 (Part 2)
Location:	Providence St. Vincent Medical Center
Cost:	\$100 (2-class series)
Registration:	Call 503.291.1777 to reserve a place

Dr. Hassell's speaking events

9/21/2017 & 9/28/2017 – Good Food, Great Medicine TYPE 2 DIABETES REVERSAL and SUSTAINABLE WEIGHT LOSS 2-PART LIFESTYLE CHANGE CLASS SERIES: Portland, OR. Call our office at 503.291.1777 to register.

9/30/2017 – Great Western Council of Optometry: *Food Nutrition vs. Supplement Nutrition for Eye Health.* Portland, OR.

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 find *Good Food, Great Medicine* in the class catalog at providence.org/classes.

10/14/2017 – Celebrate fall at Oregon Olive Mill at beautiful Red Ridge Farms: Hear a lively, interactive presentation by Miles Hassell MD and enjoy a Mediterranean dinner prepared by [Valley Commissary](http://ValleyCommissary) showcasing *Durant Vineyards* wine and *Oregon Olive Mill* extra-virgin olive oil. Mea Hassell will demo recipes featuring EVOO and attendees will receive a copy of *Good Food, Great Medicine* and a bottle of Oregon Olive Mill's award winning extra-virgin olive. Purchase tickets online at redridgefarms.com or call 503.864.8502. Seating is limited.

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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