



Real men grind flour! Both Dr. Ellis and Dr. Hassell use a Mockmill to grind their own flour when they make bread. Appliances like this make preparing whole foods at home even simpler while providing better flavor and nutrition – and save money, too. (No, we don't have a financial arrangement with Mockmill, but wish we did.)

Jim's leg pain probably saved his life

Jim is a healthy, vigorous, and very active guy, the kind we refer to as “75 going on 55.” He's had no significant medical problems in his life, sees physicians very rarely, and had not been to our office for over two years. He began having vague left leg pain a couple of days before, so he called to speak to one of our RNs, Shelley. She asked him a few questions, and his symptoms were suspicious enough to have him seen that same day. Dr. Ellis examined Jim and found him to be in good shape except for puzzling non-specific leg swelling and pain, and an unusually rapid heartbeat. He immediately arranged for an urgent CT scan, completed within an hour of him being seen; Jim had a left leg deep vein thrombosis (DVT) and a saddle pulmonary embolism (a large and dangerous clot in his lungs). Prompt diagnosis and treatment and appropriate management decisions avoided a potentially fatal outcome. We're thankful Jim called when he did!

In a time when many practices are doing more “virtual medicine”, this is a potent reminder of the value of an experienced RN working with a dedicated physician who knows when it's important to make things happen **NOW**.

Stella's 4 month diabetes reversal!

We introduced you to Stella, a 42 year old mother of three, in our May newsletter; she had a new diagnosis of type 2 diabetes added to an already substantial list of problems, and had signed up for our 1-year Health Transformation Program. She was determined to reverse her diabetes instead of treating it and began making serious lifestyle changes in her diet as well as increasing her activity, despite restrictions from fibromyalgia. After only four weeks her health had improved so dramatically (including a 12-pound weight loss) that we shared her success in our newsletter. Now it has been four months: her HbA1c has dropped from 10.7% to 5.9% *with no diabetes medications*, which means she no longer has diabetes! She has also lost a total of 30 pounds so far, her thyroid function has improved, energy level is better, liver enzymes are now normal, and her chronic rapid heartbeat has improved enough to significantly reduce medications for that, as well. Congratulations, Stella!

Yep, processed food makes us age faster

Want to slow down aging? Start preparing your own food! This is the lesson from multiple medical trials studying the effect of food processing on our health; foods such as most commercial vegetable oils (sorry, all you avocado oil enthusiasts), refined starches and protein powders, sugars and sugar substitutes, ready-to-eat cereals, “energy bars” and “energy drinks”, commercially sweetened yogurt, mass-produced breads, processed lunch meats. . . you get the idea. Numerous studies show a “dose relationship” between these foods and health outcomes: for example, the more processed food we eat, the higher the likelihood of cancer and the shorter our life. A study this year in the American Journal of Clinical Nutrition dug into this issue a little deeper and found that the more highly processed foods were eaten, the greater the evidence of aging of the telomeres.¹ (Briefly defined, telomeres are genetic material that protect the ends of our chromosomes and are indicators of aging.) This kind of data makes the acceptance of processed dairy substitutes and meat replacements like “Beyond Meat” surprising, given that they share the same high risk ingredients found to be harmful in the various studies. So let's all start taking better care of our telomeres by spending a little more time in the kitchen preparing meals from scratch – using whole foods like extra-virgin olive oil, unprocessed protein, unrefined grain, and real dairy!

¹ Alonso-Pedrero, L. et al. Am J Clin Nutr 2020;111:1259-66

De-stress maneuver: The COVID pivot

Feel stressed by the COVID craziness and smoke from the wildfires? Let's pivot away from that stress and turn it into something useful; applying the powerful lifestyle tools we have to create an influenza firewall which can help protect and strengthen our immune system.

- Eat whole foods prepared from scratch: vegetables, fruit, intact whole grains, beans, fish, unprocessed meats, cultured dairy, and good fat.
- Cut back on refined carbs like sugar, bread, and sweet drinks.
- Exercise every day.
- Get adequate sleep.
- Work on losing excess weight.

We have no idea if a good vaccine will show up: the record for flu vaccines has not been impressive despite decades of effort. Don't wait, take charge, be proactive!

Do you need COVID-19 testing? We do coronavirus testing in our office, or in your home, if you prefer. Call us at 503.291.1777 for more details or to schedule.



Cauliflower Cream Soup (gently curried)

From page 191 of Good Food, Great Medicine (4th edition)

Simple-themed soups like this one are handy to have in your repertoire. (Other examples are *Smooth Butternut Bisque* on page 192, *Speedy Spinach Soup* on page 190, and *Creamy Mushroom Soup* on page 189.) Ingredients are few and basic, with just one main vegetable feature, and no cooking skills are required, so these soups can be made from scratch quickly. They are also good reasons to get an immersion blender (page 133), if you don't have one already. *Cauliflower Cream Soup* can be served chilled or hot, depending on the weather or your preference, but I recommend the coconut milk option.

(Serves about 4)

- 4 cups water
- 1 medium-large onion in ¼-inch dice (3 cups)
- 1 cauliflower, chopped (about 6 cups)
- 1 tablespoon freshly crushed garlic
- 1½ teaspoons salt
- ½ teaspoon freshly ground black pepper
- ½ teaspoon curry powder
- 1 cup coconut milk or half-and-half

Optional: ¼ cup minced fresh cilantro or parsley

1. Bring water to a boil and add diced onions.
2. Quarter cauliflower lengthwise and slice into ¼–½-inch slices, including core. Add to pot, bring back to a boil, and then reduce heat and simmer 35 minutes.
3. Add garlic, salt, and pepper, and curry powder, and simmer another 10 minutes.
4. Add coconut milk or half-and-half and purée until smooth. (If using an immersion blender, purée directly in pot for about 1 minute or until smooth. With a food processor, cool and purée in 2 batches.)
5. Serve with a sprinkle of cilantro or parsley, if you have some.

Ready to pivot to a new health trajectory?

Consider a 6-month or 1-year plan

Are you or someone you know struggling with an ongoing health issue and need to focus on disease reversal like Stella? Or need better or more focused health care follow-up from your medical team? Consider signing up for a 6-month or one year plan. Dr. Hassell and Dr. Ellis work to pursue the right diagnosis and optimal management to put you in the best health using the most effective of both conventional and lifestyle interventions. Sometimes the most important thing we do in addition to lifestyle management is to marshal the efforts of the best hand-picked specialists, and then act as your advocate to see that what *should* get done *does* get done. **Individual consultation appointments** are also available; these are especially useful if you need help to coordinate and facilitate care through your current medical team.

Subscribe to our YouTube channel!

youtube.com/c/GoodFoodGreatMedicine

Our range of topics is growing: immunity, inflammation, insulin resistance, red meat, salad making – and there's even Dr. Hassell's video on chopping wood with wedges!

Speaking events and classes

9/10/2020 – Providence Milwaukie Hospital Medical Resident Program: Miles Hassell MD: Type 2 Diabetes REVERSAL. Milwaukie, OR via Microsoft Teams conferencing!

9/25/2020 – Coronary Heart Disease (CHD): Limitations and Lifestyle Opportunities for Cardiology: Providence Heart and Stroke Essentials 2020 Virtual Conference: Register online, <https://washington.providence.org/nwcme>

10/8/2020 – Pacific University Physician Assistant Program: Miles Hassell MD: Ischemic Heart Disease. Hillsboro, OR via Zoom conferencing!

Sign up for this free monthly medical + lifestyle newsletter at [Goodfoodgreatmedicine.com](https://goodfoodgreatmedicine.com)

"Prove all things; hold fast that which is good."

1 Thessalonians 5:21 (KJV)