

November 2008 Newsletter



Just another day at the office. Above is Dr. Hassell with Dr. Hahn in her junior high cheerleading outfit. Really.

Becoming healthier while using fewer medications: another success story!

WV is a 58 year old man who decided to take control of his health in July of this year. He was overweight at 270 pounds and had diabetes, high blood pressure requiring two different medications for control, and fatty liver, which can lead to severe liver damage.

We worked together to develop a lifestyle plan. First, he started a daily exercise program using an exercise bike. Then he took common sense to his kitchen, improving his intake of whole foods and 'good fats', while reducing his portions and simple carbohydrates.

Three months later he has:

- Lost 30 pounds and is feeling good,
- Has an ideal blood pressure despite having stopped all of his blood pressure drugs, and
- His liver enzymes have normalized, suggesting a much healthier liver.
- As a bonus, his fasting blood sugar has dropped 40 points **without any blood sugar medication.**

Congratulations, WV!

Don't get sick!

You can't do anything about the rain and wind and dropping temperatures and falling leaves, but there are plenty of things you can do to keep from getting sick. Our *Cold and Flu Prevention Tips* will give you some ideas about how to prevent these winter miseries, and our recipe for a *Hot Lemon and Honey Soother* will help make the miseries less miserable. For more non-toxic ways of dealing with symptoms, feel free to drop by our office for a copy of our *Cold, Flu and Sinusitis* handout, or on our website, under the resources tab.

Cold and flu prevention tips:

- **Follow a Mediterranean style whole food diet** emphasizing whole grains, beans, vegetables, good fats, and fruit (not juice).
- **Avoid refined carbohydrates** like white flour, white rice, sugar, sweet drinks, and most fast foods. Read the ingredient label on *everything* you eat.
- **Get 7 – 9 hours of sleep at night.** The role of sleep in immune function is underrated.
- **Get daily exercise.** Any amount will help, and 30 minutes **or more** of brisk walking is ideal.
- **Eat probiotic foods daily.** Probiotics refer to the beneficial bugs ('cultures') that live in foods such as yogurt. For yogurt with dependably active cultures look for plain unsweetened versions, and add your own fruit and sweetening to taste.
- **Vitamin D₃ (1,000 – 2,000 units daily) may also help boost the immune system.** Other vitamin supplements are more uncertain.

Antibiotics

It is important to know that most of the time there is no value in antibiotics for treating cold and flu symptoms, so make the most of evidence-based natural treatments that may help reduce the symptoms. One option is our *Hot Lemon and Honey Soother* following.

Hot Lemon & Honey Soother

Try making your own *Hot Lemon & Honey Soother*. Some patients enjoy up to four hours of relief from coughing or sore throat with this tonic:

- Wash and thinly slice one fresh lemon, including peel.
- Place slices in a jug or thermos and add 4 cups of boiling water.
- Add 4 tablespoons (¼ cup) of honey and stir until honey is dissolved. (It may taste too sweet, but the honey has an important role in the soothing.)
- Keep the *Soother* in a thermos and sip as needed. The peel contributes a slightly bitter taste, but that is part of the therapeutic benefit. (The longer the mixture sits the more the flavor from the peel will intensify.)
- Some people find it a sleep tonic, too, when they try to say 'thermos soother' ten times quickly.

Flu shots

If you would like to get a flu shot, we recommend that you take advantage of a flu shot clinic at your local pharmacy or supermarket. These providers usually offer flu shots at a very reasonable cost.

Do you have annoying spider veins?

Dr. Hahn will be treating spider veins, those tiny visible vessels just underneath the skin that develop most commonly on the legs and sometimes on the face. Spider veins differ from varicose veins in that varicose veins are larger, deeper and are more likely to cause pain and can be related to more serious vein disorders.

Treatment involves injecting a liquid agent through a tiny needle directly into the spider veins, causing them to contract and collapse. Feel free to give our office a call if you

are interested in getting a brochure about this service.

Prescription refills

Remember that the first step in getting a prescription refilled is to call your pharmacy, even if the prescription states 'No Refill.' The pharmacy will then fax our office with the refill request, which includes all the prescription details. This system creates a paper trail that reduces errors and helps us take better care of you.

Finally. . .

. . . don't forget your daily servings of good food, brisk exercise, vitamin D, and adequate sleep. See you on the stairs!

Upcoming Speaking Events

11/14/2008 – 7th Annual Providence Thoracic Oncology Program Symposium – Lung Cancer for Primary Care Providers:

Miles Hassell, MD: *Nutritional & Exercise Influences on Lung Cancer Prevention*: Which dietary factors are likely to influence lung cancer? Help for the patient dealing with side effects from conventional treatment.

Providence Portland Medical Center.
(Physician only audience.)

12/2/2008 – **Kruse Way Rotary Talk:** Miles Hassell, MD and Cindy Reuter, ND: *Diet and Supplements*.

12/2/2008 - **Beating Breast Cancer, the NEXT Step:** Miles Hassell, MD and Ken Weizer, ND: *Nutrition and Exercise Today*.

Topics include: food and exercise choices that affect breast cancer risk; whole foods and the Mediterranean-style diet; why good food choices, and not supplements, are your best bet for good health; how acupuncture, massage and naturopathic medicine can reduce the side effects of cancer treatment. Providence St. Vincent Medical Center, Cancer Center. *This class is free. For reservations or more information, please call the Providence Resource Line (503) 574-6595.*