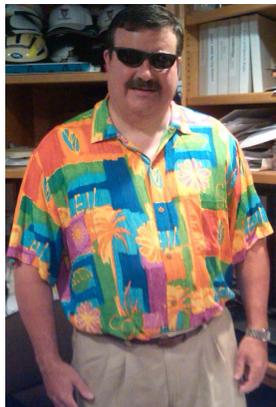


November 2014 Newsletter



Mike a year ago and as he is today. It took a heart attack to change his eating and lifestyle habits – he calls it his “second chance.”

Mike listened to his heart

Mike is a 58-year-old lawyer who had a heart attack after ignoring (as he puts it) “14 years of appropriate and reasonable advice from Miles. I said, ‘It won’t happen to me,’ but it did.”

A year ago he was 262 pounds. “I could easily eat a half-gallon of ice cream and a bag of Oreos at night. I ate anything I wanted. My wife and I used to go out all the time, and I would order the 24 ounce prime rib, extra sauce, all the bread and trimmings, loaded baked potatoes, molten lava chocolate cake ...” Then last November he came in to see Miles about a nagging pain in his shoulder that wouldn’t go away. Miles wasn’t convinced by Mike’s normal EKG and ran some blood tests. Yep, he was having a heart attack. Later on, lying in his hospital bed, Mike decided it was time to change. “Not everyone gets a second chance. I got a second chance and I had to do something about it.” No kidding! He transformed his food and lifestyle habits overnight and went on to lose 65 pounds – take a look at the other results below. They’re impressive.

Pre and post lab results *	11/25/13	11/17/14
Weight:	262.4	199
Body Mass Index (BMI):	34.6	25
Blood Pressure:	206/108	134/72
Total Cholesterol:	191	120
Triglycerides:	163	96
HDL (good) Cholesterol:	29	35
LDL (bad) Cholesterol:	129	66
Total Cholesterol:HDL Ratio:	6.6	3.4

* With medication.

How did Mike do it?

- He promised himself he would learn to surf as soon as he was healthy enough.
- He stopped eating sugar and other refined carbohydrates. He replaced his early morning loaded latte (“a candy bar in a cup!”) with plain black coffee.
- “Now when we grocery shop we avoid 90% of the products in the store and mainly buy vegetables and meat.”
- Mike and his wife prepare their own meals at home most of the time. “When we do eat out, the first thing I do is check out the vegetable side dishes and salads, request no sauces or toppings, and keep the meat to 25% of my plate. If we eat breakfast out I order a vegetable omelet and a bowl of fruit. I don’t eat sushi with rice anymore – I eat sashimi instead.”
- He still enjoys moderate alcohol, but skips the mixers – “they cover up the taste of alcohol and you don’t know how much you’re drinking.”
- “The only bread I eat now is *Delba* bread which I buy by the case – the ingredients are whole rye kernels, water, and salt. When we travel I always bring it with me and eat it with some hard cheese and apples.”
- “I walk every morning and try to stay active – jogging, swimming laps, and surfing when I get the chance. And Miles gave me a jump-rope!”



Mike’s postscript

“I’m not on a *diet*! It’s the way I want to eat now and I don’t miss anything. What works for me may not work for you – but the important thing is to figure out what motivates **you** to change. I’m just thankful that Miles kept telling me the truth, and kept believing the time would come when I would listen.” Mike certainly did listen – and now he goes surfing with his son!



Miles' Postscript

The full scope of Mike's success shouldn't be missed. He accomplished much more than simply improving his heart and brain health and lowering his future risk of heart attack and stroke. The same simple (but not easy!) steps to improve his food and exercise choices also gained Mike many side benefits:

- He feels better and has more energy – a typical side effect of lifestyle change.
- His risk of developing type 2 diabetes has fallen to almost zero.
- His risk of developing dementia is much lower.
- His cancer risk is reduced 30 – 70% and cancer survivorship is improved.
- His risk of developing infections such as flu or pneumonia is much less due to improved inflammation and immune function.
- His joints will age better with less weight.

So when you think about adopting new lifestyle choices, don't just focus on today's obstacles: think instead about **all** the benefits. Then get started!

Need some help getting started?

Sign up for a life-changing 2-class series

In January 2015 we will be starting a new two-part class series to target *reversing* insulin resistance and type 2 diabetes. The class curriculum will be based on the new edition of *Good Food, Great Medicine*, and each participant will receive a copy at the first class. At the end of this series you will have a solid understanding of the steps to transform your health, and a personal plan to put this into action.

Good Food, Great Medicine Part One (1/14/15):

- Review the inter-relationship of excess waistline and weight, insulin resistance (the common factor in most cases of type 2 diabetes and prediabetes), and heart disease and stroke risk.
- Discuss the role of the "key three" – a whole food Mediterranean diet, daily activity, and enough sleep.
- Work through the 14-point *Risk Reduction Action Plan* to target the inter-related factors.

Good Food, Great Medicine Part Two (1/21/15):

- Explore the practical application of whole food choices and menu planning. Review progress, find solutions to challenges, and fine-tune personal action plans.

Dates: Wednesday, 1/14 (class 1) and 1/21 (class 2)

Time: 6 – 8 pm

Location: Providence St. Vincent Medical Center

Cost: \$100 (2-class series)

Registration: Call our office at 503.291.1777 to reserve a spot (space is limited to 20 participants)

Good Food, Great Medicine, 3rd edition

Books are now available at [Powell's Books](#), [Amazon](#), [Annie Bloom's Books](#), [Multnomah-Clackamas-Washington-Clark County Libraries](#), [Providence Integrative Medicine Program](#), as well as our office and website, [goodfoodgreatmedicine.com](#). There is also a book order form for ordering individual books – or by the case for the wholesale price of \$18 each (plus shipping). Fills out a Christmas list nicely.

The Good Food, Great Medicine gift box

Need a good gift for a great friend? Perhaps you should order a *Good Food, Great Medicine* gift box. We have put together a selection of mostly local whole food products, and a few treats, along with a copy of our new edition of *Good Food, Great Medicine* – all designed to inspire us to eat well and enjoy good food. The box contains extra-virgin olive oil from the Napa Valley in California, North Pacific albacore tuna line-caught by a family-owned boat and canned here in Oregon, NW-grown red lentils from *Bob's Red Mill* in Milwaukie, Oregon, raw unfiltered honey made from local flowers by Oregon bees, Hood River cherry zinfandel fruit spread, Portland-made 73% *Pitch Dark* chocolate, and handmade granola by our friend, Tracy Oseran. (All proceeds from the granola sales support *Urban Gleaners*, a Portland-based organization that redistributes surplus food to shelters/schools.) Call our office for more details.



Give the gift of health
this holiday season

Dr. Hassell's speaking events

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

12/04/2014 – Pacific University School of Physician Assistant Studies: Endocrinology Lecture – *Reversing Insulin Resistance.* Hillsboro, OR.

1/14/2015 and 1/21/2015 – Good Food, Great Medicine 2-part Lifestyle Change Class Series: Portland, OR. For registration information – call our office at 503.291.1777.

1/29/2015 – Providence Home Health and Hospice Conference: *Taking Care of Ourselves: Lifestyle Choices for Optimism and Resilience;* Oregon City, OR.

"In everything give thanks. . ."
1 Thessalonians 5:18 (KJV)