

Joann transformed her health trajectory

November 2018



Miles and Mea Hassell at Powell's Books on November 5th for the launch of the brand new 4th edition of *Good Food, Great Medicine*. Dr. Hassell's talk and Powell's expert organization made for a memorable evening. Standing room only!

Joann lost 12 lbs, reversed her high-risk cholesterol profile, and improved her long-term health outcomes in just 3 months!

After Joann's doctor told her that he would have to start her on a statin (cholesterol-lowering medication), she told him she *really* didn't want to go on meds. So they made a deal: he would give her three months to improve her numbers, and she agreed that if they didn't drop into normal range, she would start taking a statin. Joann was 55 and knew she needed to make a change (her father had a heart attack at 54), so she opened her copy of *Good Food, Great Medicine* and got serious about her lifestyle choices. After three months she had her lab values retested and here are her numbers:

Without medication her total cholesterol dropped 25% from 300 to 231, triglycerides from 556 to 91, her HDL (good) cholesterol increased from 55 to 58, and her total cholesterol:HDL ratio improved from 5.45 to 3.98. These numbers reflect a dramatically reduced risk of heart attack and stroke as well as diabetes and cancer.

How did Joann improve her cholesterol?

Here are the changes that worked for her:

- Created her own "good-for-you" food list
- Began eating more beans, vegetables, and fruit
- Cut out juice, pop, bread, and pasta
- Organized easy-to-grab servings of protein
- Cut back on eating out

Kick-start your own transformation

Joann simply applied the information from *Good Food, Great Medicine*, but for more hands-on help you can sign up for a class (details next page), schedule an appointment with Dr. Hassell for a consultation or primary care, or sign up for a six-month or one-year health transformation program, a doctor-patient partnership providing support, accountability, lifestyle counsel – and medications when necessary.

Good Food, Great Medicine gift box

An Oregon-sourced minimally-processed lifestyle starter kit for Christmas, hostess gifts, care packages. . .

Good Food, Great Medicine, 4th edition: The newly-released edition of this popular lifestyle guide combines evidence-based science and practical information to explore the why, what, and how of good health and disease reversal. goodfoodgreatmedicine.com

Arbequina Extra-Virgin Olive Oil: Freshly-squeezed extra-virgin olive oil from *Oregon Olive Mill*, the first commercial olive mill in the northwest, situated on the beautiful Red Ridge Farm in Dayton. (For reasons to use extra-virgin olive oil see pages 41 and 114 of *Good Food, Great Medicine*, 4th edition.) redridgefarms.com

Dr. Hassell's Crackpot Cereal: A trio of intact whole grains (oat groats, whole barley, and rye berries) which turn into a hot, fragrant breakfast while you sleep. Delicious with a bit of raw honey, walnuts, and blueberries. (The remarkable health benefits of whole or minimally processed grains are explored on page 39.)

Raw Oregon Honey: Unrefined, rich in antioxidants, local pollen, and the occasional bee's knee, harvested from gardens on the banks of the Willamette River by bees who work for raworegonhoney.com, run by three generations of the Vollintine family in Oak Grove. For tips on using honey, see page 115.

Dagoba Extra-Dark Chocolate: Smooth, rich with 84% cacao, and just the right amount of sweetness! Dagoba is considered by some to be one of the world's best chocolate, and it's crafted in Ashland, Oregon. (Read about the nutritional benefits of dark chocolate on page 57.) dagobachocolate.com

To order: Call our office @ 503.291.1777, boxes are \$95, and priority shipping in the US is available for \$20.

Chicken Pot Pie

Most of us love a good chicken pot pie – and a recipe that also welcomes leftover turkey can be useful this time of year. There are all kinds of options for the crust but I like a buttery whole wheat scone topping the best. You'll find this recipe on page 231 of the new 4th edition of *Good Food, Great Medicine*.

(Serves about 6)

3 cups chicken broth
2–3 carrots, ¼-inch dice (about 2 cups)
2–3 celery stalks, ¼-inch dice (about 2 cups)
4 tablespoons (1/2 stick) butter
1 medium-large onion in ¼-inch dice (about 3 cups)
1 teaspoon freshly crushed garlic
½ cup white flour
1 cup whole milk or half-and-half
1½ cups reserved broth (see step 1)
½ teaspoon dried thyme
1 teaspoon salt
1 teaspoon freshly ground pepper
2 tablespoons fresh lemon juice plus zest from lemon
½ cup freshly grated Parmesan
1 cup frozen petite peas
Optional: ½ cup fresh minced parsley
4 cups cooked chicken (or turkey!) in bite-sized pieces

Whole Wheat Scones (recipe on page 275)

1. Bring chicken broth to boil in a 2-quart saucepan and add diced carrot and celery. Bring broth back to a boil, then reduce heat and simmer uncovered until vegetables are tender, about 10 minutes. Drain vegetables and set aside. Reserve 1½ cups of broth. *(Save remainder for another use.)*
2. Melt butter in a sturdy 5-quart pot over medium high heat and sauté onions for about 10 minutes or until just tender. Reduce heat to medium, add garlic, and sauté for another minute.
3. Sprinkle flour over the onion mixture and blend thoroughly. Add milk and stir briskly with a whisk until smooth, making sure all of the floury onion mixture is scraped from the corners. Add reserved broth and seasoning, and whisk until blended. Bring to a simmer, whisking now and then to keep sauce smooth as it thickens.

Preheat oven to 400 degrees.

4. Add lemon juice and zest, Parmesan, frozen peas, chicken, cooked carrot and celery, and parsley. Mix gently and remove from heat. Scrape into a 2-quart baking dish and top with squares of rolled-out scone dough ¼ - ½ inch thick.
5. Bake for 30 minutes, or until crust is golden and filling is bubbling around the edges. Mmm-mm.

Some health tools for your wish list

There are plenty of powerful tools that don't require experience or batteries and are available to all of us. *Good Food, Great Medicine* is full of them, in fact. Why not start improving your numbers today?

1. **Read the first 110 pages of *Good Food, Great Medicine*** (4th edition), especially the 14-step *Risk Reduction Action Plan* beginning on page 90. The more steps you take, the more success you'll have.
2. **Download *An Evidence-based Guide to Successful Waist Loss and Preventing or Reversing Insulin Resistance and Type 2 Diabetes* handouts on the resources tab @ goodfoodgreatmedicine.com.**
3. **Sign up for a 2019 *Good Food, Great Medicine* class series.** The lifestyle classes focus on reducing risk factors such as excess weight and high blood sugar. (See details below.)
4. **Schedule a consultation** with Dr. Hassell for evaluation, diagnosis, second opinion, or treatment plan, especially for difficult or persistent problems; and to identify steps to improve outcomes, reduce side effects of therapy, and review the value of specific nutritional supplements.
5. **Sign up for a health transformation program**, a doctor-patient partnership providing support, accountability, and dietary counsel.

Dr. Hassell's speaking events

11/30/2018 – Providence Brain and Spine Institute's 5th Annual Fall Conference: Management of Neurologic and Neurosurgical Disorders in Daily Practice: Brain Health and Lifestyle: Which Choices Really Matter? Portland, OR. Providenceoregon.org/neuroscienceconference.

12/2/2018 – 6th Annual Portland Cookbook Social: Mea Hassell will be joining your favorite local cookbook and culinary authors for a holiday book signing. Headwaters at the Heathman Hotel, 1001 SW Broadway Portland, OR 97205. Noon to 2pm. This is a free event – no need to register. portlandculinaryalliance.com.

12/6/2018 – Brain Health and Lifestyle: Which Choices Really Matter? Come hear Dr. Hassell talk about brain health, 6-8pm in Souther Auditorium. This is a free event – no need to register. Book signing following. Providence St. Vincent Medical Center, 9155 SW Barnes Rd, Portland, OR 97225.

3/6/2019 and 3/13/2019 – *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.

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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