

December 2014 Newsletter



Dr. Hassell discussing his favorite festive foods with the AM Northwest crew at the Providence Festival of the Trees. All is merry and bright!

Have yourself a healthy little Christmas

Dr. Hassell was asked by KATU TV to share some holiday recipes with AM Northwest while they were filming at the annual Providence Festival of the Trees on December 5th. He summoned his holiday recipe team here at the office for a consultation, and we came up with four suggestions from the new 3rd edition of *Good Food, Great Medicine*, two sweet and two savory. Our criteria: the recipes had to be

- delicious enough to be invited to parties
- simple enough for *anyone* to make
- healthy enough to qualify as whole food
- stealthy enough to please a whole food novice

Roasted Umami Almonds (page 149): Crunchy and satisfying, this is our version of tamari almonds and a new addition to the third edition. The recipe is ridiculously simple (just two ingredients!) and outrageously addictive, so you may need to hide them. Almonds and other nuts are rich in healthy fat and protein, and are also associated with lower cholesterol levels and reduced risk of diabetes, heart disease, and premature death. By the way, there is no commercial substitute for home-roasted almonds, especially at the low temperature called for in this recipe. (See page 27 for some of the reasons to avoid eating commercially-roasted nuts.)

Chocolate Almond Bites (page 276): Also a newcomer to *Good Food, Great Medicine*. Sweet, smooth, rich little nutritional powerhouses which combine the health benefits of raw almonds with antioxidants from 85% dark chocolate and raisins and immune-boosting oils from the orange zest. Even though the chocolate contains the only refined sugar, they still taste like not-quite-legal treats.

Seductive Soybeans (page 202): A tasty, easy, quick little side-dish of bright green edamame tossed in olive oil, apple cider vinegar, garlic, salt, and freshly ground pepper – perfect for a buffet or a snack. All beans and legumes are outstanding sources of high quality protein and fiber, and soybeans have a particular talent for lowering cholesterol.

Coconut Macaroons (page 275): Sweet, chewy cookies with no-fuss directions and simple ingredients. If you're going to have a cookie – not an unusual activity this time of year – this particular macaroon is one of the better choices: it has about half the sugar of most cookies, healthy fat from the coconut, protein from the egg white, and no flour.

Caution! Don't slip on the icing

No word yet if it will be a white or wet Christmas, but the food forecast is in and it looks like conditions will be ideal for eating. Daily showers of refined carbohydrates are expected to become heavier and more frequent over the next few weeks, and evasive action is advised. It should be pointed out that the people who report the most success in dealing with the seasonal downpours of refined carbs avoid them altogether. No attempt at portion control, no take-a-bite-and-throw-the-rest-away sort of thing; they just say NO. As we mentioned in our *Good Food, Great Medicine* November blog post, recent research shows that people with more self-control aren't necessarily better at denying themselves, but instead actually arrange their lives to avoid temptation.¹ As you may have often heard us suggest, one way to apply this research is to eat the good food first (think vegetables, meat, and other whole foods) so we feel satisfied enough to act rationally when the dessert tray crosses our path.

¹ Ent, M. et al. Personality and Individual Differences 2015;74:12-15
"Trait self-control and the avoidance of temptation"

Two Good Food, Great Medicine holiday solutions that can start a health revolution!

1. The holiday gift box

A hefty 13 pounds, it includes a signed copy of the book along with a selection of mostly-local products – raw wildflower honey from Columbia Gorge bees; premium albacore tuna from Coos Bay; heritage red lentils grown in the Northwest; extra-virgin olive oil from Napa Valley, California; Pitch Dark 73% chocolate bar from Portland's "bean-to-bar" chocolatier; Tracy's Small-Batch granola; and Cherry Zinfandel Fruit Spread jam-packed with Hood River cherries. (Call for ordering and shipping details.)



2. The new third edition

It's time to re-gift your well-used 2nd edition of *Good Food, Great Medicine* and move up to the 3rd edition. The question we've been hearing this holiday season is, "Does the 3rd edition have new information that isn't in my second edition?" The answer is YES! The third edition features:

- The most current medical research supporting using the Mediterranean diet for weight loss; preventing or reversing type 2 diabetes, insulin resistance, the metabolic syndrome, and heart disease and stroke; risk factors such as high cholesterol and blood pressure; and cancer prevention or survivorship
- Evidence-based updates on hot-button issues such as dietary fat, red meat, dairy, sweeteners, salt, caffeine, grains, gluten, and supplements
- A sensible discussion of various diet approaches, comparing restricted diets like Paleolithic, low fat, vegetarian and vegan to the Mediterranean diet, and designed to encourage critical thinking
- A new 14-step plan that explores the most effective steps for losing weight, reducing risk of heart disease, stroke and cancer, and even reversing type 2 diabetes
- Thirty new recipes in addition to the other 155 in the previous edition.

For someone who could use a jump start to drive down their risk factors, a copy of *Good Food, Great Medicine* may be just what the doctor ordered. It is certainly what *this* doctor would order.

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. Here you will find more book details and helpful resources such as a shopping list, sample recipes, table of contents, and other patient handouts. 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.

Sign up for a life-changing 2-class series

In January we will start a two-part class series to target insulin resistance and type 2 diabetes based on the new edition of *Good Food, Great Medicine* which each participant will receive at the first class.

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

- Review inter-relationship of excess waistline and weight, insulin resistance (common to most cases of type 2 diabetes), 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-2 (1/21/15):

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

When: 6 – 8 pm, Wednesday, 1/14/15 and 1/21/15

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)

Dr. Hassell's speaking events

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.

1/29/2015 – Oregon Self-Insurers Association: *Good Food is Great Medicine: Which Diet and Lifestyle Choices Really Matter?* Wilsonville, OR. <http://www.osia.com/>

2/07/2015 – FoodWorx: *Food as Medicine*; Portland, OR. <http://foodworxconference.com/>

"For unto you is born this day in the city of David a Saviour, which is Christ the Lord." Luke 2:11 (KJV)