

## December 2016 Newsletter



This is Trixie's first Christmas **and** first snow. She's a bit nervous because she overheard Tor's plans to buy her a Christmas sweater.

### Keep Christmas nutty

With Christmas this close, nuttiness is traditionally in good supply. If you're thinking "Whoa! All I want for Christmas is *less* nuttiness!" then you clearly have not been keeping up with the latest nut data. Not the nuts on the freeway, but almond nuts, walnuts, hazelnuts, brazil nuts, peanuts, pecans, and so on. We are happy to report that the news on nuts is getting better all the time: studies show that a well-trained nut can even do your Christmas shopping! (Of course, you knew that already.) And any nut makes a fine gift, especially when you dress it up a bit – the roasted almond recipe in this newsletter is on our Top 10 list of easy homemade gifts.

### Give nuts – save lives

Any time we study a traditional whole food we see evidence of health benefits so remarkable that they make typical concepts of "preventive care" (such as medications for lowering blood pressure or cholesterol) trivial by comparison. For example, a recent review of 20 studies looking at health outcomes in people eating a small handful of nuts (about 1 ounce) daily showed a consistent pattern of dramatic health benefits:<sup>1</sup>

- less risk of dying over the course of the study from any cause (all-cause mortality),
- less stroke and cancer,
- 30% less heart attacks,
- 45% less risk of dying from diabetes, dementia and Parkinson's disease, and
- 50-75% less risk of serious infections and kidney disease.

Nuts are also associated with less diabetes and insulin resistance.<sup>2</sup> An indirect benefit of eating nuts is that it helps keep us from eating food we shouldn't – probably due to the appetite-suppressing effect of good fat.<sup>3</sup> For example, a handful of raw almonds with an apple in the afternoon will make us less likely to overeat at dinner. (If you are nuts about nuts and find it hard to moderate your consumption, consider buying them in the shell – it slows you down if you have to crack them first.)

### Why to eat nuts raw or roast them yourself

There are at least five reasons to avoid commercially roasted nuts: (page 27 of *Good Food, Great Medicine*.)

1. The valuable fats are damaged by the roasting process.
2. Time on the shelf and poor storage conditions compound the damage.
3. Roasted nuts and seeds are higher in the wrong kinds of calories – even the dry-roasting process uses added oil of some kind.
4. The oil used for roasting is an unknown quality and highly refined. (See page 47.)
5. Roasted nuts and seeds taste so good they are easier to overeat than their less exciting raw counterparts.

If you want the toasty crunch of roasted nuts, it's easy to roast your own and take advantage of the better nutritional benefits of nuts eaten as fresh as possible. (See following recipe for *Roasted Umami Almonds*.)

### Homemade nut butter is a great gift, too

A Mason jar of homemade nut butter made with freshly roasted peanuts is also in our Top 10 gift list. Nut butter is easy to make in your food processor (see page 149) – although once you've tasted warm, just-made nut butter you may have a hard time giving it away. (By the way, peanuts turn into nut butter quicker than almonds.) It's also a great dip for crisp apple slices.

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<sup>1</sup> Aune, D. et al. BMC Medicine 2016;14:207

<sup>2</sup> Salas-Salvado, J. et al. Arch Intern Med 2008;168:2449-58

<sup>3</sup> Tan, S.Y. and Mattes, R.D. Eur J Clin Nutr 2013;67:1205-14

## Roasted Umami Almonds

From page 149 of *Good Food Great Medicine*, 3<sup>rd</sup> edition

Any festive gathering is improved by these almonds – especially if accompanied by the *Candied Pecans* from our February 2016 newsletter. *Umami* (oo-MAH-mee) is a Japanese term loosely translated as “deliciously savory.” This recipe is easy, and it fully justifies our stern warning about the seductive quality of roasted nuts (page 27). Don’t say we didn’t tell you.

(Makes 3 cups)

3 cups (1 pound) raw almonds with skins  
2 tablespoons soy sauce

Preheat oven to 250 degrees.

1. Spread almonds in a single layer in a large shallow baking pan. (Lining the pan with parchment paper will make it easier to transfer nuts later.) Place in the oven for 15 minutes.
2. Transfer hot nuts to a mixing bowl and toss with soy sauce. Set aside for 10 minutes, tossing a few times to coat evenly.
3. Return almonds to baking pan in a single layer and roast for about 1½ hours. Cool, transfer to jar, and hide until ready to serve. (You can also just turn the oven off and leave them to cool overnight.)

### Note:

► If you prefer the lightly roasted almonds minus the umami effect, arrange in baking pan as per the directions and place in the oven for 30 minutes.

### More nutty gifts from *Good Food, Great Medicine*:

Packed in a crisp cellophane bag, tied with a ribbon. . .

- *Chocolate Almond Bites* (page 276)
- *Homemade Nut Butter* (page 149)
- *Granola* (page 131)
- *Grainless Granola* (page 132)
- *Muesli* (page 131)
- *Almond Tea Cakes* (page 269)
- *Oatmeal Cookies* (page 274)
- *Scottish Oat Crispies* (page 274)
- *Serious Muffins* (page 268)
- *Banana Bread* (page 270)

### . . . and some nutty dishes for holiday potlucks:

- *Apple, Broccoli, and Celery Slaw* (page 175)
- *Barley Salad and Quinoa Salad* (page 216)
- *Brown Rice Salad* (page 214)
- *Nutty Brown Rice* (page 211)

## The nuts & bolts of health transformation

Here are five ways to get cracking:

1. **Go to our website ([goodfoodgreatmedicine.com](http://goodfoodgreatmedicine.com)) and download one of our handouts:** for example, *An Evidence-based Guide to Successful Waist Loss and Preventing or Reversing Insulin Resistance and Type 2 Diabetes*. (Click on the *resources* tab.)
2. **Read the first 126 pages of *Good Food, Great Medicine*** (3<sup>rd</sup> edition), especially the 14-step *Risk Reduction Action Plan* beginning on page 69.
3. **Register** for the February *Good Food, Great Medicine* class series. (See details below.)
4. **Schedule a consultation** with Dr. Hassell to address solutions for your particular situation.
5. **Sign up for a one-year health transformation program**, a 12-month intensive doctor-patient partnership customized to your specific situation.

### *Good Food, Great Medicine* classes

Our two-part class series targets weight loss, insulin resistance, and type 2 diabetes, and details steps for preventing or reversing them. The classes are based on the 3<sup>rd</sup> edition of *Good Food, Great Medicine*, which each participant will receive at the first class.

#### **Good Food, Great Medicine class (part 1):**

- Review inter-relationship of excess waistline and weight, insulin resistance (common to most cases of type 2 diabetes), and common chronic diseases.
- Discuss the role of the “key four” – a whole food Mediterranean diet; minimal sweeteners, refined grains and starches; daily activity; and enough sleep.
- Work through the 14 simple steps that target your risk factors and produce effective, lasting change in your waistline, blood sugar, and other health risks.

#### **Good Food, Great Medicine class (part 2):**

- Explore practical application of whole food choices and menu planning. See demonstrations of a couple of foundational recipes from *Good Food, Great Medicine*. Review progress, find solutions to challenges, and fine-tune personal action plans.

**Time:** 6 – 8 pm Wednesday  
**Dates:** 2/15/2017 (Part 1) and 2/22/2017 (Part 2)  
**Location:** Providence St. Vincent Medical Center  
**Cost:** \$100 (2-class series)  
**Registration:** Call 503.291.1777 to reserve a place

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*“I bring you tidings of great joy. . . For unto you is born this day. . . a Saviour, which is Christ the Lord.”*  
Luke 2:10,11 (KJV)