

December 2017 Newsletter



Mea Hassell showing our one-year health transformation program members how easy it is to make Smooth Butternut Bisque at the Market of Choice in November. (See recipe on the other side.)

Give the gift of reversal this Christmas!

Most of us have something we would like to reverse, starting with time. Everyone we've interviewed about this is deeply concerned that the year is racing toward Christmas at a pace that is making it difficult to get everything done in time. The appropriate department is working on that issue, but in the meantime there *is* a sort of time-reversal that we can actually do all by ourselves, and it also happens to be the best gift we could possibly come up with for both ourselves and those whose lives we touch. Got high blood pressure? Let's reverse it. Got a risky cholesterol profile? Let's reverse it. Got type 2 diabetes? **LET'S REVERSE IT!**

His and hers type 2 diabetes reversal

Mr. and Mrs. D both had type 2 diabetes, and are now "ex-diabetic." Before we tell their stories, let's consider the consequences of diabetes over time. It ain't pretty: double the risk of depression, increased risk of cancer, heart attack, stroke, kidney and eye disease, infections, nerve damage, amputations, and so on. Conventional medications for managing diabetes have significantly harmful side effects, are often *extremely* expensive, and yet do little to reduce some of the risks we just mentioned. That's why it's so important to talk about the contrasting trajectories of management versus reversal; patients faced with a diagnosis of type 2 diabetes need to be able to make an informed choice as to which path to take.

Double-teaming diabetes

Let's start with Mr. D, who at age 71 was a driven professional working full time. As a long-time patient he had heard Dr. Hassell's lifestyle lectures *many* times: he knew he needed to lose weight, he had just started requiring insulin shots for his diabetes, and he was facing a second knee replacement. He decided to take control of his health:

- He started paying more attention to what he ate. He began eating his vegetables first at meals, cut out rice, and cut back on potatoes.
- He ate out less and began experimenting with simple recipes from *Good Food, Great Medicine* like frittata, meat loaf, and roasted chicken thighs. When he went to restaurants he Googled their menus first. He stopped eating hamburgers and fries on the road and allowed himself fewer treats like pizza and ice cream.
- He started exercising every day. (A rowing machine turned out to be the right "fit" for a sustainable habit.)

Mr. D reversed his diabetes, no longer needs prescriptions for high cholesterol and high blood pressure, and lost 50 pounds along the way. He was also able to cancel his knee replacement surgery because his knee pain was so much better. Today, at age 80, he feels great and continues to work full time.

Now, consider for a moment Mr. D's health trajectory if he had not chosen to reverse his diabetes but had opted to manage it instead: insulin-dependent type 2 diabetes with the complications we mentioned earlier, knee replacement surgery, and half a dozen or more drugs for lowering blood sugar, blood pressure, and cholesterol, as well as the associated cost.

Now let's meet Mrs. D, who had also put up with years of Dr. Hassell's pep talks. She knew what she had to do to accomplish her goal, which was to get rid of her diabetes medications. Using new food choices, less soda, portion control, planning ahead (making and freezing as many as 80 meals in advance before travelling!), and daily activity (walking and upper body workouts with Body Blades and battle ropes), Mrs. D lost 35 pounds and dropped her blood sugar to ex-diabetic range. The health care futures for both Mr. and Mrs. D were transformed because of their hard work, high expectations, and take-no-prisoners attitude. They traded the management trajectory for the reversal path. Let's follow their example!

Smooth Butternut Bisque

(Page 184 of *Good Food, Great Medicine*, 3rd edition)

This soup can be made from scratch very quickly, and takes kindly to experiments in the field of flavors, especially the spices. You could use all kinds of squash for this soup: chopped raw, leftover or fresh-cooked, roasted or steamed. The tomato juice and subtle heat of Tabasco, curry, and ginger counter the sweetness of the squash and onions nicely.

(Makes about 8–10 cups)

1 butternut squash, about 2½ pounds
-or- about 4 cups chopped raw squash
-or- about 3–4 cups of cooked squash

¼ cup extra-virgin olive oil
1 medium-large onion in ¼-inch dice (about 3 cups)
1½ teaspoons salt
1½ teaspoons curry powder
1 tablespoon freshly crushed garlic
1 tablespoon minced fresh ginger
¼–½ teaspoon Tabasco sauce
2 cups water
2 cans (12-ounce) tomato juice (3 cups)
1 cup of half-and-half
-or- 1 can (14 ounce) coconut milk

1. Peel squash, slice lengthwise, and remove seeds. (To roast seeds for a tasty snack, see page 174.) Chop into roughly even-sized 1 x ½-inch chunks. (You can avoid the peeling and chopping by using the roasting method on page 164.)
2. Heat oil in a heavy 5-quart soup pot over medium-high heat and add onions, curry, and salt. Sauté 10–15 minutes or until onion is soft. Add garlic and sauté another couple of minutes.
3. Stir in ginger, Tabasco, water, and raw or cooked squash. Bring to a boil, then reduce heat and simmer 15 minutes if squash is cooked already/30 minutes or until soft if using raw squash.
4. Remove from heat. Add tomato juice and half-and-half or coconut milk. **To purée soup:** If using an immersion blender, purée soup directly in pot. If using a food processor, purée cooled soup in 2 batches. (At this point you could store soup in the refrigerator for a few days.)
5. Return soup to heat, bring to a simmer, and serve. A sprinkle of fresh chopped cilantro is a nice touch.

Know someone who needs a reversal plan to go with their New Year's resolutions?

Sometimes we need more than good intentions, so here are some suggestions that can help make positive changes to anyone's health trajectory. Even yours!

1. **Schedule a consultation** with Dr. Hassell for evaluation, diagnosis, second opinion, or treatment plan, especially for difficult or persistent problems.
2. **Download *An Evidence-based Guide to Successful Waist Loss and Preventing or Reversing Insulin Resistance and Type 2 Diabetes* [handout on the resources tab @ \[goodfoodgreatmedicine.com\]\(http://goodfoodgreatmedicine.com\)](#).** *Fat is Good, Bagels are Bad - some (Mediterranean) principles to eat by* is another great resource.
3. **Read the first 126 pages of *Good Food, Great Medicine* (3rd edition)**, especially the 14-step *Risk Reduction Action Plan* beginning on page 69.
4. **Join the waiting list** for the 2018 *Good Food, Great Medicine* class series. (See details further on.)
5. **Sign up for a one-year health transformation program**, an intensive doctor-patient partnership for people with specific objectives such as weight loss or reversing type 2 diabetes.

Dr. Hassell's speaking events

12/12/2017 – Providence St. Vincent Medical Center Grand Rounds: *Lifestyle Prescription for Cardiovascular Health.* Portland, OR.

12/14/2017 – Pacific University Physician Assistant Program: *Ischemic Heart Disease: Which Diet and Lifestyle Choices Really Matter?* Hillsboro, OR.

***COMING SOON in 2018* – *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 sign-up on the waiting list.

***COMING SOON in 2018* – Providence Heart Institute BASECAMP Cardiac Prevention + Wellness 4-part Series:** *Good Food, Great Medicine:* Portland, OR. Call the Providence Resource Line at 503.574.6595 to join the waiting list or find *Good Food, Great Medicine* (waiting list) in the class catalog at providence.org/classes.

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"In this was manifested the love of God toward us, because that God sent His only begotten Son into the world, that we might live through Him."

1 John 4:9 (KJV)