

Cheryl's type 2 diabetes REVERSAL!

December 2019



Miles Hassell MD (right) and David Ellis MD gave a presentation on preventing dementia to a standing-room-only audience at Friendsview in Newberg, Oregon. There was also a surprise appearance by Betty Crocker, whose cookbooks were a staple in America's kitchens for decades during the last century. We're happy to report that Betty is now using Good Food, Great Medicine, but admits she sometimes misses Bisquick.

Cheryl reversed her diabetes, significantly reduced heart disease risk, and lost weight

Type 2 diabetes is a destructive disease that damages every organ system over time – yet it is one of the simplest to reverse. We said *simplest*, not *easiest*, because the most effective treatment is through lifestyle change, not medications, and the key is in creating **new** habits and applying a simple calculation: fresh motivation + evidence-based education = lasting transformation!

Cheryl was ready. She had read *Good Food, Great Medicine* and attended the *Good Food, Great Medicine* two-part diabetes reversal class **and** four-part BASECAMP cardiac wellness class series: she was **motivated!** She signed up for our 6-month diabetes reversal plan; in less than 2 months she was able to stop both of her diabetes medications and drop her blood sugars into the “ex-diabetic” range, and was also able to cut her cholesterol medication in half. She got rid of all processed food, refined carbs, and sweets in her pantry, lost 6 pounds, and is more fit, thanks to a higher activity level and a rowing machine. Cheryl feels much better, too, and – best of all – she can look forward to a future free of the many complications that come with type 2 diabetes.

(Details of the 2020 *Good Food, Great Medicine* Type 2 Diabetes Reversal and Sustainable Weight Loss class series and Providence BASECAMP Cardiac Prevention and Wellness class series are further on.)

Give the gift of health transformation!

Do you know someone who would benefit from a 6- or 12-month health transformation plan? These one-on-one doctor-patient partnerships provide support as well as accountability, encouragement, and dietary counsel. The goal is to make health improvement permanent, and work to figure out the most effective plan for each person's particular situation, emphasizing thoughtful and evidence-based use of food, activity, and medications (where appropriate) for optimal health outcomes. Some of the more common targets include:

- diabetes prevention and reversal
- sustainable weight loss
- cancer prevention and survivorship
- lowering heart disease and stroke risk factors
- reduced depression and anxiety
- investigating undiagnosed symptoms or complex problems which require more careful evaluation and coordination with other specialists

Lifestyle choices affect surgical outcomes!

Eddie, a patient living in Kentucky, wrote to us this week about a bad fall she had 6 weeks ago, fracturing her wrist, which required a plate and 6 screws.

She was determined to heal as quickly as possible and wrote: “I studied the bone health section (in *Good Food, Great Medicine*) and called Mea (Hassell) for any additional ideas. After following her prescription for 6 weeks, I returned for my follow-up to hear the surgeon, who never uses superlatives, say: ‘When I looked at your x-ray I was literally stunned that the fracture line was impossible to see. Healing was so complete I would not have otherwise known there was a fracture! Remarkable!’”

She explained to him that she had been eating lots of bone-healthy food. He asked her what she ate, and she wrote, “I wish you could have seen his face when I told him my daily menu was 5 prunes, ¼ cup walnuts, 2 servings of bone-in salmon or sardines, 10 cups of kale sautéed with mushrooms, ½ cup of whole plain yogurt. . . and 4 oz of red wine for my HDL cholesterol!”

Stories like Eddie's remind us of the power of thoughtful lifestyle choices to improve healing, post-op as well as pre-op. If you are anticipating surgery, remember to start your recovery well before the surgery date, something known as “prehab.” We offer a patient handout on the subject, and provide pre-operative consultations to help improve long-term outcomes.

With Dr. Ellis joining our team, we are accepting new primary care patients. If you need to keep your current physician but would like a personalized disease reversal action plan, a consultation may be the best solution. Our emphasis is on careful history-taking, thorough testing, appropriate use of evidence-based medicine, optimal application of lifestyle choices, and, when possible, minimizing the use of prescription drugs.

A consultation with Dr. Hassell or Dr. Ellis is also a great gift for someone you love. A brand new outlook on health is an invaluable gift.

Chocolate Almond Bites

We served samples of these bites at the December 5th talk by Dr. Hassell and Dr. Ellis (*Chocolate and Wine: Their Role in Good Health*). These are easy, scrumptious, and a real-food treat. The recipe is on page 281 of *Good Food, Great Medicine*, 4th edition.

(Makes about 5 dozen bites, ½ x ¾ inch)

1 cup raw whole almonds
1 bar dark (we like 85%) chocolate, about 3 ounces
1 cup raisins -or- Turkish apricots -or- prunes (see note)
zest from an orange (a microplane works best)
¼ teaspoon salt

1. Place almonds in food processor and process for 1 minute. (The noise is deafening for several seconds.)
2. Break up chocolate bar into pieces and add to processor with the dried fruit, orange zest, and salt. Process for 1–2 minutes, then scrape down sides and process 1 more minute. The mixture should be finely ground and starting to lump together.
3. Line a 9x5-inch bread pan (or something similar) with a piece of plastic wrap large enough to reach over the sides of the pan. Press mixture into pan and pat out evenly with a spatula. Fold excess plastic over the top to seal snugly, then do a final firm pat-down with the bottom of another pan. Chill 3 hours or overnight.
4. Unmold, remove plastic wrap, and slice into ½ x ¾-inch chunks (or whatever size you like). Store in glass jars or airtight containers and refrigerate for up to a year. Try not to think about them.

Note:

- You need a food processor for this recipe in order to form a mixture fine enough to hold together.
- This is a delightful way to eat prunes (see page 37 of *Good Food, Great Medicine* for prune benefits) but make sure you use **only** the dryish type, like Trader Joe's non-sorbate pitted prunes.

Dr. Hassell's Good Food, Great Medicine Oregon-sourced holiday gift box

A quartet of good food basics: Oregon-sourced, Mediterranean-approved, and minimally processed.

Dr. Hassell's Crackpot Cereal: A trio of intact whole grains (oat groats, whole barley, and rye berries) which turns into a hot, fragrant breakfast overnight while you sleep. Try it with whole milk, honey, nuts, and berries.

Raw Oregon Honey: Unrefined and rich in antioxidants, local pollen, and the occasional bee's knee, this honey was harvested from gardens along the Willamette River by bees who work for raworegonhoney.com, run by 3 generations of the Vollintine family in Oak Grove.

Extra-Virgin Olive Oil from Durant Olive Mill:

This is fresh-squeezed extra-virgin Arbequina olive oil from the first commercial olive mill in the NW, situated at beautiful Red Ridge Farms in Dayton. durantoregon.com

Dagoba Extra-Dark Chocolate: Smooth, rich with 84% cacao, and just the right amount of sweetness! Dagoba is thought by some to be one of the world's best chocolates – and it's made here in Oregon. dagobachocolate.com

Gift boxes are \$65: to include a copy of *Good Food, Great Medicine*, add \$30. To order, contact our office at 503.291.1777. Priority mail shipping is available for \$15 (\$20 with the book). Holiday deadline is 12/19/2019.

Speaking events and classes

12/12/2019 – Pacific University Physician Assistant Program: Miles Hassell MD: *Ischemic Heart Disease: Which Diet and Lifestyle Choices Really Matter?* Hillsboro, OR.

12/13/2019 – Prof RN Practice Council Annual Nurse Mtg, Shriners Hospitals for Children: Miles Hassell MD: *Friend or Foe? How to Critically Think Through Contradictory Dietary Advice:* Portland, OR.

1/21/2020 Providence St. Vincent Medical Center Grand Rounds: Miles Hassell MD: *Reversal of Type 2 Diabetes.* Portland, OR.

3/11/2020 and 3/18/2020 – 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.

3/26/2020 Spring Training for Primary Care 2020: Miles Hassell MD: *Good Food + Activity = Great Medicine.* Seattle, WA.

****SAVE THE DATES** 4/2/2020 – 4/23/2020 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 register or find *Good Food, Great Medicine* in the class catalog at providence.org/classes.

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"Prove all things; hold fast that which is good."
1 Thessalonians 5:21 (KJV)