

Make good food – it's great medicine! March-April 2025



(Top) Dr. Hassell and Shelly Johnson were on site at the Good Day Oregon TV studios to discuss some common confusions about healthy living. (<https://www.kptv.com/2025/02/11/ending-unnecessary-suffering-with-greatmedorg/>)

(Bottom) They also joined Diane Shiffer and her team at Connect and Beyond Physical Therapy to promote healthy aging. Chef Karen Zinck (hellofamilychef@gmail.com) was on hand to demonstrate how easy it is to whip up a salad dressing from *Good Food, Great Medicine*.

When headlines are scary. . .

Patients often admit to being scared by news headlines warning us that this or that is destructive to their health. One recent example is the possible association of microplastics in our foods with dementia.¹ Another is the consistent finding that industrially processed (often called ultra-processed) foods are consistently associated, in a dose-related fashion, with higher risk of premature death, cognitive decline, cardiovascular disease, cancer, obesity, diabetes, depression, and anxiety.² Given that these conditions are becoming alarmingly more common, as well as the fact that highly-processed foods happen to represent the majority of foods eaten in the U.S., this finding should motivate us to just say *NO!* to processed food and head straight for the kitchen!

Processed vs home-made

With the industrial methods used in food processing, novel chemicals can be introduced, and naturally-occurring chemicals normally present in tiny quantities can become more concentrated. In contrast, when we cook at home using whole food ingredients, these chemical alterations don't occur. As we have seen in an increasing number of studies, home-made foods following an omnivorous Mediterranean pattern are associated with better health outcomes. Conversely, ultra-processed foods are consistently associated with increased premature aging and death, heart disease, dementia, and depression. The good news? Read on for a fairly straightforward solution.

Prepare your own food!

The solution is to prepare whole foods from scratch whenever possible. This may seem persnickety but it's a game changer; food prepared in our kitchens with simple ingredients retain most of their valuable fats, fiber, probiotics, and nutrients. Home cooking is also perfectly do-able for even the most confirmed non-cooks.

[See suggestions and tips in *Good Food, Great Medicine* (4th edition) on pages 134 – 150.]

Dr. Hassell's Retainer Plan:

New and current patients are welcome, and space is limited

Consider becoming a part of Dr. Hassell's retainer practice, which is also called "concierge medicine" or "direct primary care." It involves a one-time annual payment for all of Dr. Hassell's office services, with 4 plan levels at different rates, depending on your anticipated health needs. This new option allows Dr. Hassell dedicated time for retainer patients to continue being seen in an unhurried basis with same- or next-day availability in person or by telephone. New retainer patients are welcome and the total number of patients is limited, so consider signing up. For more information, call the office and request an information packet for Dr. Hassell's Retainer Plan.

Dr. Ellis' practice is unchanged, and he is continuing to see patients on a fee-for-service (per visit) basis and he is open to new patients, as well. The two doctors continue to work in partnership.

¹ Nihart, A. et al. Bioaccumulation of microplastics in decedent human brains. *Nature Medicine* e pub 03 February 2025

² Lane, M. et al. Ultra-processed food exposure and adverse Health outcomes. *BMJ* 2024;384:e077310

Type 2 Diabetes Prevention, Remission, and Reversal Conference

Most patients with type 2 diabetes have the option of using lifestyle medicine for disease remission or reversal, reducing risk, and avoiding the high price of prescription drugs and invasive procedures. Lifestyle treatments:

- Are superior to pharmaceutical treatment for disease outcomes
- Can potentially save the healthcare industry and patients hundreds of billions of dollars yearly
- Can prevent unnecessary misery
- Promote a sensible approach to health care, teaching us to be victors, not victims

The moral imperative for this kind of approach has never been clearer. The healthcare industry needs to more effectively promote lifestyle interventions which offer greater benefit, decrease risk, and lower cost; and many physicians, nurses, dietitians, and pharmacists have not had an opportunity to take a closer look at the science and practice of type 2 diabetes reversal and remission. Most health professionals simply don't have time to add lifestyle education to their patient interaction during a typical office visit. Let's not let those challenges prevent us from improving health outcomes. Let's head for the kitchen!

Lifestyle Conference:

Type 2 Diabetes Prevention, Remission, & Reversal

GreatMed.org is hosting a conference on April 26th which will feature specialists from endocrinology, intensive care, internal and lifestyle medicine, physical therapy, dietitians, and nurses to bring a true multidisciplinary practical approach to addressing the reversal of type 2 diabetes with lifestyle adjustments rather than medications. Experienced clinicians who have used a team approach to lifestyle medicine will share their ideas, highlighting the benefits of a team-based model in improving population health. (Although this conference is intended for health care professionals, interested members of the public may attend.)

Date: 4/26/2025

Time: 9am – 1pm

Place: Souther Auditorium, Providence St Vincent Medical Center, 9155 SW Barnes Road, Portland OR 97225

Cost: \$350

Registration required: [GreatMed.org/event/lifestyle-medicine-conference-type-2-diabetes-prevention-reversal-and-remission/](https://greatmed.org/event/lifestyle-medicine-conference-type-2-diabetes-prevention-reversal-and-remission/)

Questions? Call or text: 503-773-0770



This meal is dressed for St. Patrick's Day; the colors of the Irish flag are cleverly displayed in the green of the cabbage, the white of the Rich Yogurt Aioli, and the orange of the butternut squash. (You can find directions for roasted cabbage on page 179, squash on page 181, Roasted Chicken Thighs on page 229, and Rich Yogurt Aioli on page 156.)

Got roasted cabbage?

The proportions of 2/3 vegetables and 1/3 meat modeled on the plate above illustrates one of the more practical ways to reduce insulin resistance. And if you're looking for food that will stand up and fight cancer with you, you've come to the right plate – especially if you're not a cook: there are few vegetables as useful or rewarding as the humble, hardworking green cabbage. It keeps for weeks in your refrigerator without complaining, and except for the core, the whole head can be used. For the roasted version, chop cabbage into 1-inch chunks, toss with extra-virgin olive oil, sprinkle generously with salt and freshly ground pepper, and then roast on a sheet pan at 450 degrees for 20 minutes or until the cabbage starts to look toasty and even blackened on the edges. Yum!

Preventing Cancer & Improving Outcomes

Miles Hassell MD will be speaking on improving cancer treatment outcomes and reducing cancer incidence on April 3rd at Multnomah Athletic Club. This talk is open to the general public.

Date: 4/3/2025

Time: 6-7:30pm

Place: Multnomah Athletic Club (MAC)
1849 SW Salmon St Portland OR 97205

Cost: \$50 per person / \$80 per family, plus parking (\$15)
(Please allow extra time for parking)

Registration required: <https://greatmed.org/events/>

Questions? Call or text: 503-773-0770

Sign up for this free medical + lifestyle newsletter at [Goodfoodgreatmedicine.com](https://goodfoodgreatmedicine.com)

"Prove all things; hold fast that which is good."

1 Thessalonians 5:21 (KJV)