

Joe reversed his heart disease symptoms!

May 2019



Dr. Hassell presented “Brain Health and Lifestyle: Which Choices Matter?” and “Friend or Foe? How to Critically Think Through Contradictory Dietary Advice” at the Oregon State Council of Perioperative Nurses 25th annual conference in Glenden Beach, Oregon, on May 4th.

Joe confronts heart disease and takes action to help his body repair damage

Joe is fit and active, still downhill skiing and running his own business in his mid-70s. He’s done an exceptional job of maintaining his health and has no obvious risk factors such as excess weight, smoking, or diabetes. It was surprising, therefore, when he noticed chest pain on the uphill portion of a hike that he did frequently; the pain resolved when he rested, but the symptoms were concerning for angina, the term used to describe chest pain due to inadequate blood supply to the heart, most commonly with exercise. In Joe’s case it appeared to be what is called “stable angina,” meaning it happened only when he exercised vigorously.

After my initial evaluation I ordered a stress test; this showed evidence for blockages in the arteries to his heart muscle, which would put him at significant risk for a heart attack. I then referred Joe to a cardiologist, who agreed that blocked arteries to the heart were likely. He recommended an angiogram to look for blockages, and a subsequent procedure, such as a stent, to open them up (“revascularization”). Although this is certainly a reasonable approach, Joe had done his research and knew that revascularization for stable angina has significant risks, and may be of no more value than non-invasive medical therapy.^{1,2} The cardiologist also recommended blood pressure and cholesterol-lowering

(statin) meds. Joe didn’t want to use those, either, because of his concern about side effects.

So what did Joe do? Joe decided to take a radical pharmaceutical-free approach to try to reverse the critical elements of his heart disease. Although he already had an excellent diet and was more active than most 75-year-olds, he made a few important changes:

- He exercised daily, with sometimes 2 or more brief episodes of vigorous physical activity. The purpose of this was primarily to help the body develop better heart circulation, in part by generating new blood flow to the area that was lacking in adequate circulation; this is sometimes called “building your own bypass” (page 71 of *Good Food Great Medicine*, 4th edition).
- His already excellent diet was tweaked by increasing his fish intake. I recommended eating oil-rich fish most days and emphasizing vegetables or whole fruit with each meal. Joe says he now eats 7–8 servings daily, and includes many other research-supported cholesterol-lowering foods such as flaxseeds, psyllium husk powder, whole oat groats (pages 103-106), and lecithin in a modified version of a traditional formula called the “Jacobus Rinse Mixture.”

The results are in! Joe not only feels better, but – most importantly – the angina gradually resolved, and he can now do the same hikes without chest pain. His total and LDL cholesterol dropped by 25%, similar to the effect we see from a moderate dose of a statin. His LDL particles dropped by almost 30%, and his hsCRP (inflammatory marker) dropped by 50%. All without surgery or medications! Congratulations, Joe!

Choose to defy your diagnosis, reboot your health. . . and create a brighter future!

Cancer, type 2 diabetes, heart disease, stroke, recurrent diverticulitis, inflammatory bowel disease, depression, high blood pressure. . . these are the sorts of diagnoses I see in patients every day, and most don’t realize how much they can do themselves with food and activity choices to both reduce the need for medications and surgery and improve the expected outcomes for these diseases. The significance of improving our food and activity choices is not limited to *our* health, either; what is often overlooked is the benefit to those around us. As we gain better health and our mood and energy improve, those close to us benefit, too. So be like Joe and take control of your health future!

¹ Al-Lamee, R. et al. (ORBITA) Lancet 2017

² Sedis, S. et al. NEJM 2015;373:1937-46

Avocado Salsa

This salsa (on page 183 of *Good Food, Great Medicine*, 4th edition) is so good and so simple, and still looks and tastes fresh the day after it's made. It's also a famously nutrient-rich source of good fat (including the omega-3 kind that raise your HDL and drop your triglycerides), so you can even break out the corn chips with a clear conscience – as long as it's a special occasion. Use ripe but firm avocados: save the soft ones for guacamole!

(Makes about 2 cups)

- 1 cup sweet onion in ¼-inch dice
 - 2 tablespoons fresh lime or lemon juice
 - 1 tablespoon extra-virgin olive oil
 - ½ teaspoon freshly crushed garlic
 - ½ teaspoon salt
 - ¼ teaspoon Tabasco sauce (or more to taste)
 - 2 large or 3 smaller avocados, ripe but firm
1. Combine diced onion with lime or lemon juice, olive oil, garlic, salt, and Tabasco, and toss.
 2. Dice avocados in ¼ - ½ inch cubes and fold gently with onion and dressing mixture.
 3. Taste for flavor. Try to leave some for others.

Dr. Hassell's Good Food, Great Medicine Oregon-sourced Starter Kit

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. Delicious with a bit of whole milk, raw honey, walnuts, and blueberries.

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 considered by some to be among the world's best chocolates, and it's crafted in Ashland.

dagobachocolate.com

To order a starter kit contact our office at 503.291.1777. Kits are \$65. (To include a copy of *Good Food, Great Medicine*, add \$30.) Priority mail shipping is available for \$15 (\$20 with the book).

Good Food, Great Medicine 2-part class

The classes target weight loss, diabetes reversal, and inflammation, and are based on the new 4th edition of *Good Food, Great Medicine*, which each participant will receive at the first class.

Good Food, Great Medicine class (part 1):

- Review interrelationship 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 changes to your waistline, blood sugar, and other health risks.

Good Food, Great Medicine class (part 2):

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

"In 5 weeks I've lost 4 pounds and 1 inch around my waist, lowered my triglycerides and blood sugar, and raised my HDL (good) cholesterol from 31 to 44."

"In 1 month I've lost 5 pounds and my doctor stopped my blood pressure drugs after my blood pressure numbers dropped."

"I've lost 12 pounds (about a pound a week) towards my goal of losing 100. I love this menu and feel it is the easiest to follow. My cravings have pretty much been eliminated and it is so easy not to snack after dinner any more. I have more energy mostly because I have less body pain and joint pain and I sleep much better at night."

Time: 6 – 8 pm Wednesday
Dates: 7/17/2019 (Part 1) and 7/24/2019 (Part 2)
Location: Providence St. Vincent Medical Center
Cost: \$100 (2-class series)
Registration: Call 503.291.1777 to reserve a place

Dr. Hassell's speaking events

5/4/2019 Oregon State Council of Perioperative Nurses 25th Annual Conference: Brain Health and Lifestyle: Which Choices Matter? -and- Friend or Foe? How to Critically Think Through Contradictory Dietary Advice. Gleneden Beach, OR. oscpn.org

7/17/2019 and 7/24/2019 – 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.

10/3/2019 – 10/24/2019 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.

Sign up for this free monthly medical + lifestyle newsletter at Goodfoodgreatmedicine.com

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

1 Thessalonians 5:21 (KJV)
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