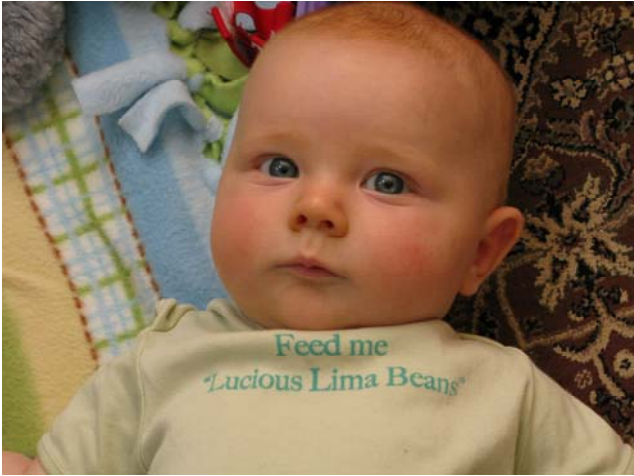


## June 2009 Newsletter



*Tor hasn't actually experienced lima beans yet but he thinks he's ready. His custom printed T-shirt was a gift from one of our patients, who clearly has her priorities straight.*

### Conquer disease! Eat beans!

Beans are one of this world's effective defenses against heart disease, diabetes, cancer, obesity, and osteoporosis. Besides being rich in protein, iron, folate, and B vitamins, beans are a superb source of soluble fiber and anticancer compounds called protease inhibitors. Beans (especially soy and pinto) are also among the cheapest and safest lipid lowering foods you can find, and even come in pretty colors. (Some studies indicate that the richer the color, the higher the antioxidant level.)

Beans are inexpensive, available everywhere, simple to cook (see pages 154 – 156 in *Good Food, Great Medicine*, second edition), versatile to use, and easy to store. You don't even have to cook them yourself; you can find a bean for any occasion canned and ready to drain and use in soup, chili, salad, dip, or whatever.

■ **Canned beans:** These should be absolute standards in any pantry. Not only are they handy for spontaneous bean eating, but they also have a long shelf life, huge variety, and wide availability. Canned beans easily stand in for home-cooked beans, and have almost all of the health benefits. (As with any packaged food, read labels. Most of the regular brands have added sugar, among other things.)

■ **Frozen beans:** You should also be able to find fresh frozen beans, like baby lima beans (recipe follows), speckled butter beans (delicious name!), black-eyed peas, and fresh soybeans (edamame) in the frozen vegetable section of your supermarket. These cook relatively quickly straight from the freezer, and are delightful hot and tossed with vinaigrette.

### Luscious Limas

*(From page 161 of Good Food, Great Medicine, 2nd edition.)*

The lima bean is a victim of a cultural bean bias. There are otherwise open-minded grown-ups who won't touch lima beans on principle, and who think lima beans aren't even an acceptable subject of conversation. Innocent children, however, untainted by the cultural bias and with tastes uncorrupted by parental preconceptions, generally love these particular lima beans.

1 bag (16 ounces) frozen baby lima beans  
1 cup water  
½ teaspoon salt

¼ cup extra-virgin olive oil  
2 tablespoons apple cider vinegar  
1 teaspoon freshly crushed garlic  
½ teaspoon salt  
¼ - ½ teaspoon freshly ground pepper

1. Bring water to boil in a 2-quart saucepan, and add salt. Add frozen lima beans and bring back to a boil, gently breaking up clumps of beans. Reduce heat to low, cover, and simmer for about 7 – 15 minutes. Beans should be tender but not mushy.
2. Meanwhile, combine the olive oil, vinegar, garlic, salt, and pepper in your mixing bowl. When lima beans are cooked, drain in a colander and add to the oil and vinegar mixture and toss. Let sit for 10 minutes, and then toss again. Yum. Great side dish or picnic food, and most luscious when served hot, warm, or room temperature.

## ***Luscious Limas addendum***

■ Cooking instructions on the packet may give anything from 10 – 20 minutes, but the key words are ‘until tender’. Don’t judge doneness by testing beans with wrinkly skins; they take much longer to soften.

■ If lima beans are unable to gain a toehold in your freezer for whatever tragic reasons, you can substitute any fresh frozen beans. Always check for freezer burn: if the frozen beans look shriveled they will probably taste freezer-burnt. Yuck. Not a good way to introduce Luscious Limas to anyone.

## **Cookbook update**

The second printing of the second edition of *Good Food, Great Medicine* is now available. This new edition is about 30% larger than the first and has a new chapter, *Preventing Heart Disease and Heart Attacks*, built around a comprehensive 10-step plan that combines food, exercise, lifestyle, nutritional supplements, and medication decisions to prevent, treat – and potentially reverse – heart disease. There are also about a dozen new recipes and an expanded index. Books are available in our office or on-line at [www.goodfoodgreatmedicine.com](http://www.goodfoodgreatmedicine.com).

## **Cancer research update**

Miles' research with Providence Cancer Center continues. Once again, we are grateful for the help provided by many of you for the mucositis research project, which is studying whether a yogurt/honey/glutamine mixture can help relieve the mouth sores experienced by those receiving radiation for head and neck cancers. Our seventh patient has just been enrolled in the study.

## **Dr. Hahn volunteering in Haiti**

Angela will be traveling to Haiti at the end of June with the Portland chapter of *Engineers without Borders*. She is volunteering for two weeks in Les Anglais, and will be serving on the health team, taking surveys and gathering data on health status of the community. This will be the second stint for the team, whose goal is to improve the community water system and address the high incidence of water borne diseases in Les Anglais.

## **UpToDate:**

### **An on-line medical resource**

Physicians use a web site called UpToDate as a helpful resource. Patients can also access UpToDate to learn more about a medical condition, better understand management and treatment options, and have a better dialogue with health care providers. Go to the UpToDate website at [www.uptodate.com](http://www.uptodate.com) and click on the *for patients* link to search for information.

## **Upcoming Speaking Events**

**6/2/2009 – NEXT Steps against Breast Cancer:** Miles Hassell MD and Ken Weizer ND *Nutrition and Exercise Today to Reduce Risk and Improve Survival.* Providence St. Vincent Medical Center, Cancer Center. *This event is free. For reservations or more information, please call the Providence Resource Line (503) 574-6595.*

**6/3-4/2009 – Integrative Medicine Talk:** Miles Hassell, MD and Mary Malinski, RN, LMT: *Making Your Way through the Supplement Jungle and Making Healthy Choices to Reduce the Risk of Cancer.* Medford and Klamath Falls, Oregon.

**6/16/2009 – Hope Lecture Brown Bag Lunch Series:** Miles Hassell, MD: *Evidence-based Diet and Exercise Approaches for Cancer Survivors.* (12:30 - 1:30 pm)  
Providence Portland Cancer Center  
Jill Lematta Learning Center  
4805 NE Glisan St  
Portland, OR 97213

**6/26-28/2009 – Primary Care Provider Cardiology Conference:** Miles Hassell, MD: *Treating Low HDL and High Triglycerides; Optimal Strategies for Weight Loss*  
Mea Hassell: *Heart Healthy Cooking Demonstration.* Leavenworth, Washington.

**8/14-15/2009 – Integrative Medicine Talk:** Miles Hassell, MD and Mary Malinski, RN, LMT: *Making Healthy Choices to Reduce the Risk of Cancer and Making Healthy Choices and the Importance of Cancer Screening.* Ontario, Oregon.