

Defeating diabetes one bite at a time July-August 2025



GreatMed.org's recent Type 2 Diabetes Reversal Conference featured presentations by physicians from endocrinology, intensive care and internal medicine; as well as a nurse educator, dietitian, and physical therapist. To see the conference from the comfort of your armchair, go to youtube.com/@greatmedicine.

Why it is so important to know that most cases of Type 2 diabetes are reversible. . .

The concept of reversing type 2 diabetes with lifestyle choices instead of depending on medications is not just about diabetes. There are also collateral benefits from improved blood pressure; reduced risk factors for stroke, heart attack, dementia and cancer; fewer medications and reduced side effects, as well as reduced health care costs and simply feeling better with more energy. Whether from the standpoint of individuals, families, or as a society, reversing prediabetes and type 2 diabetes is more than a high priority; there is also a moral imperative.

Is reversal really do-able?

Virtually every day we see examples of better blood sugars through better choices: more real food, less processed food, more exercise and sleep. And at the risk of being repetitive, those better choices also mean improved blood pressure, more energy, better mood, lower weight, and so on. Yes, it is do-able, and remarkably simple. Dr. Hassell's educational arm, GreatMed.org, just hosted its first **Type 2 Diabetes Reversal, Remission and Prevention CME conference** for clinicians and the public. The conference featured experienced clinicians who identified the practical aspects of dealing with type 2 diabetes without medication, or with much less medication. **Watch the conference video at youtube.com/@greatmedicine.** For detailed and printed guidelines, see pages 77-110 of *Good Food, Great Medicine* (4th edition) as well as our

diabetes reversal guides and waist loss guides at GreatMed.org. To better understand type 2 diabetes reversal, check out episode 30 of Dr. Hassell's podcast: greatmed.org/podcasts.

Two reasons for Dr Hassell's patients to sign up for a Retainer Plan now:

1. **Retain rapid priority access:** Patients on a retainer plan can typically expect same-day or next-day in-person appointments for urgent needs.
2. **Availability:** Dr. Hassell will be seeing a more limited number of patients, so now is a good time to join.

Patients who haven't signed up for the retainer practice and need expedited appointments may see Dr. Ellis on a fee-for-service basis when Dr. Hassell's schedule is full. (Both doctors continue to work in partnership.)

Dr. Hassell's retainer practice involves a once-a-year annual payment for all of his office services, with 4 plan levels at different rates, depending on anticipated health needs. For more information, call the office and request an information packet or take a look at the *retainer tab* at goodfoodgreatmedicine.com.

Dr. Ellis' practice is unchanged. He is continuing to see patients on a fee-for-service (per visit) basis and is open to new patients.

Anticancer effects of exercise for colon cancer demonstrated in randomized, controlled trial: 37% lower risk of dying!

The probable anticancer effects of exercise have been observed for decades, and plausible metabolic mechanisms for exercise benefits have been identified. Now, in an 8-year study of advanced-stage colon cancer, the addition of exercise to chemotherapy was associated with a 37% lower risk of dying (NNT 14), lower risk of cancer recurrence, fewer new cancers, and improved physical functioning.¹ The fact that **this benefit is easily comparable to conventional drug treatments** is not emphasized enough. If more of us understood the immune-enhancing effects of daily activity, we would probably find the time for some kind of daily vigorous activity routine – and it doesn't need to involve spandex or a gym membership. (See pages 70–74 of *Good Food, Great Medicine* [4th edition] for ideas.)

¹ CHALLENGE. Courneya, K. et al. NEJM June 1 2025



Zucchini Frittata – A fast and easy recipe perfect for summer meals and makes great leftovers.

Zucchini Frittata

(Recipe adapted from page 197 of [Good Food, Great Medicine](#), 4th edition)

The only difficult thing about this simple little frittata is remembering whether to put the two t's in the middle or the end of the word. Even the seasoning is simple – salt and pepper. Obviously, the flavor profile can be your personal preference, but the gentle flavors of this frittata make it a good candidate for reheating at breakfast for those of us who prefer to start the day on a quiet note.

(Serves about 4)

2 tablespoons extra-virgin olive oil
2 zucchini grated on medium grater (or about 4 cups)
½ teaspoon salt
½ teaspoon freshly ground pepper

4 eggs, lightly beaten
½ cup grated cheese (your choice)

Preheat oven to 300 degrees. Mist 8-inch Pyrex dish with non-stick spray.

1. Heat oil in a 10- or 12-inch skillet over medium high heat. Add grated zucchini, salt, and pepper, and sauté for 5 minutes or until tender. Set aside for about 10 minutes.
2. Meanwhile, combine lightly beaten eggs and grated cheese. Add sauteed zucchini and mix well.
3. Scrape mixture into oiled 8-inch Pyrex dish. Bake at 300 degrees for 30 minutes or until just set in the center. Don't overbake! It's a very thin frittata; adding 2 to 3 more eggs will make a more substantial version. In any case, cook until barely set to maintain tenderness.

Note:

► An embarrassingly easy substitute for zucchini is a 8-ounce box of frozen chopped spinach, thawed and undrained (see page 126), added directly to the mixture of eggs, cheese, and seasoning. A good emergency meal!

The addition of a finely chopped red bell pepper makes a more colorful Zucchini Frittata for very little effort. (Add the chopped peppers to the skillet to sauté for a minute before adding the grated zucchini.)



Walk, Don't Run, To the Doctor



A couple of times a month, Dr. Hassell produces a podcast discussing lifestyle approaches for common health problems. Find Dr. Hassell's podcast "Walk, Don't Run, To

the Doctor" at <https://greatmed.org/podcasts/>.

Lifestyle Choices & Osteoporosis: Town Hall

Dr. Hassell will be speaking about Lifestyle Choices to Reduce Broken Bones and Improve Osteoporosis on Thursday, October 9th. This talk is open to the general public.

Date: 10/9/2025

Time: 5:30-7:00pm

Place: Providence St. Vincent Medical Center, Souther Auditorium

Cost: \$50 per individual, \$80 per family

Registration required: greatmed.org/osteoporosis-town-hall/

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)

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