

August 2017 Newsletter



Dr. Hassell and the July 2-part GFGM class discussing a concept he calls our "moral imperative," which is to share the good news that conditions like type 2 diabetes, hypertension, and high cholesterol can be reversed with food and lifestyle choices, and not just managed with medications.

Preventing heart attacks and strokes: Is "reversing heart disease" the goal?

Heart attacks and stroke are still the biggest killers, and both are usually associated with clogged blood vessels and related blood clots (atherosclerosis). Heart disease reversal is clearly a good idea – but what does it actually mean? For example, here are two different ways to define it:

1. Preventing the ongoing clinical progression of heart disease, as measured by the risk of heart attack, stroke, or death.
2. Reducing the extent of the blood vessel clogging (atherosclerosis) as measured by angiography or carotid ultrasound.

It might seem that these are the same: after all, wouldn't reducing atherosclerosis also reduce heart attacks, strokes, and death? Not necessarily – and this leads us into an important principle; the success of an intervention should be evaluated *primarily* on its ability to keep us from getting sicker or dying rather than a number on a test. The complications of atherosclerosis involves multiple factors far beyond the simple concept of blockage: for example, the *presence* of arterial plaque is not as significant as the *stability* of the plaque and the tendency of our blood to clot.

Omnivorous -or- plants only? Choose the best food for overall health

There is much debate over which lifestyle choices are most likely to reduce our risk of heart disease. One

claim we hear frequently is, "only vegan or vegetarian diets reverse heart disease," usually based on the writings of physicians like Dean Ornish and Caldwell Esselstyn. However, when we look at the medical data we see a much different story: the evidence from multiple high-quality studies overwhelmingly supports an omnivorous (both plants *and* animals) approach to prevent or reverse heart disease. When evaluating an intervention such as a diet or a drug for treating heart disease or stroke, the question to ask is: will it reduce actual heart attacks and strokes *and* save lives?

Just reversing atherosclerosis won't necessarily save your life

This is no small point. Many interventions have been shown to reverse atherosclerotic blockage, including weight loss, various medications, supplements (like niacin), and diets such as Mediterranean, vegetarian, vegan, and Atkins. The key point to know is that **simply reversing the atherosclerosis does not automatically lead to a reduction in death, stroke or heart attack.** In fact, many of those atherosclerosis-reversing interventions have shown *no* heart attack or stroke benefit, and some even show harm. When we look more closely at the randomized control trial data on the various dietary approaches, including vegan and vegetarian, **only the omnivorous Mediterranean diet has been shown to stop or reverse the progression of atherosclerosis and improve mortality.** Better yet, the same omnivorous model also reduces other major diseases like cancer, type 2 diabetes, and dementia. (Details and references on pages 11–19 in *Good Food, Great Medicine*, 3rd edition.)

Ready to get serious about reversing disease and becoming healthier?

Many people struggling with a constellation of chronic health issues such as excess weight, type 2 diabetes, high blood pressure, high cholesterol, and depression, feel like they're "stuck." Five tools that may help are:

1. **Download** *An Evidence-based Guide to Successful Waist Loss and Preventing or Reversing Insulin Resistance and Type 2 Diabetes* **handout on the resources tab @ goodfoodgreatmedicine.com.** *Fat is Good, Bagels are Bad - some (Mediterranean) principles to eat by* is another great resource.

2. **Read the first 126 pages of *Good Food, Great Medicine*** (3rd edition), especially the 14-step *Risk Reduction Action Plan* beginning on page 69.
3. **Register for the September *Good Food, Great Medicine* class series.** (See details further on.)
4. **Schedule a consultation** with Dr. Hassell to address solutions for your particular situation.
5. **Sign up for the *One-Year Health Transformation Program***, which gives you an intensive one-on-one partnership with Dr. Hassell and his team to access whatever tools are needed to overcome challenges that are preventing you from moving forward.

Warm Potato Salad

When you want to serve potatoes but don't want to deal with any last minute preparation – especially on a hot summer day), try this. (Page 180 of *Good Food, Great Medicine*.) It's also a good picnic or potluck dish because it's good at any temperature. Yukon Gold or any waxy variety is fine. The onions are important – a fresh crunchy foil for the rich potatoes, which can also handle the juicy, herby, vinegary, salty flavor of capers.

(Serves about 6)

1½ pounds red potatoes (6 small-medium)

1–2 cups sliced sweet onion

2 tablespoons apple cider vinegar

2 tablespoons whole grain mustard

¼ cup extra-virgin olive oil

2 tablespoons capers

1 teaspoon freshly crushed garlic

1 teaspoon salt

1 teaspoon freshly ground pepper

¼ cup chopped fresh parsley

1. Scrub potatoes, trim a thin slice off each end, and slice into ¼-inch slices. Steam until tender, about 30 minutes.
2. Slice onion into thin strips, about ½ x 1 inch. *If the onion is mild, use the higher quantity. If the onion fumes are making your eyes water, it's not mild.*
3. Combine vinegar, mustard, oil, capers, garlic, salt, pepper, and parsley in a small mixing bowl. Add sliced onion, toss to coat onions, and set aside.
4. Drain hot cooked potato slices and tip into something like a 9x5-inch baking pan. Pour onion and dressing mixture evenly over the potato slices and mix tenderly, using a large rubber spatula to gently separate slices.
5. Mix a few times over the next half hour, shaking the pan then now and then as you mix to expose more potato to the flavorful dressing. Transfer to serving dish. Pairs nicely with green beans and tuna.

Good Food, Great Medicine 2-part classes

This two-part class series targets weight loss, diabetes reversal, and inflammation reduction.

The classes are based on *Good Food, Great Medicine*, which each participant will receive at the first class.

Good Food, Great Medicine class (part 1):

- Review inter-relationship 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 change in your waistline, blood sugar, and other health risks.

Good Food, Great Medicine class (part 2):

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

“I’ve bounced around for decades trying to find an eating style that is sustainable. I’m very susceptible to simple carbs and will spiral into heroin-strength addiction. I want to function without being hungry [and] adherence to the Mediterranean diet works best... your approach is common sense AND evidence-based! Bravo!” Joan B, MD/MSPH

Time:	6:30 – 8:30 pm Thursday
Dates:	9/21/2017 (Part 1) and 9/28/2017 (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

9/21/2017 & 9/28/2017 – *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.

10/3/2017 – 10/24/2017 – 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 search for *Good Food, Great Medicine* in the class catalog at www.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)