

How Rick transformed his health trajectory

December 2018



Rick decided he had a good-food deficiency rather than a medication deficiency, and took the tough transformational track of lifestyle change. Rick and Dr. Hassell are reviewing Rick's remarkable risk reduction results.

Rick's radical risk reduction recipe

Having recently retired, Rick was looking forward to enjoying his free time, but instead found himself struggling with multiple health problems including weight gain, high blood pressure, rising blood sugar, and shoulder pain that limited his activities. He also felt fatigued and foggy-headed; this was probably partly due to sleep apnea.

Faced with these issues, he had two options: he could either take more medications, or he could use food and lifestyle to reverse his health issues; he knew his current choices were increasing his risk for even more serious consequences. Rick decided that better self-care made sense, and scheduled an appointment to work out a game plan with Dr. Hassell. Here is the risk reduction strategy he used:

- First, he tackled his diet, using *Good Food, Great Medicine* as his guide. He cut out most junk food, ice cream, chips, desserts, and most bread.
- He cut back on eating out and began making his own meals at home.
- Exercise became a daily habit, mostly walking because of a shoulder injury.
- He cut way back on screen entertainment, based on the strong evidence of multiple physical and mental health problems associated with screen time.

Rick's results are outstanding:

- He lost 40 pounds
 - His blood pressure dropped 30-40 points to normal
 - Blood sugar and cholesterol numbers improved
 - Symptoms of sleep apnea resolved
 - His energy improved and his anxiety eased
 - He also noticed significantly clearer thinking, which he attributed, in part, to keeping the television off
- Congratulations, Rick!

2018 Good Food, Great Medicine gift box

An Oregon-sourced and minimally-processed lifestyle starter kit. (Cost is \$95; shipping available.)

Good Food, Great Medicine, 4th edition

The newly released edition of this popular lifestyle guide combines evidence-based science and practical information to explore the why, what, and how of good health and disease reversal, and includes more than 200 delicious and easy-to-follow recipes.

goodfoodgreatmedicine.com

Extra-Virgin Olive Oil from Oregon Olive Mill

Freshly-squeezed extra-virgin Arbequina olive oil from *Oregon Olive Mill*, the first commercial olive mill in the northwest, situated on the Durant family's beautiful Red Ridge Farm in Dayton, Oregon. (For reasons to use extra-virgin olive oil, see pages 41 & 114 of *Good Food, Great Medicine*.) redridgefarms.com

Dr. Hassell's Crackpot Cereal

Oat groats, whole barley, and rye berries are intact whole grains which turn into a hot, fragrant breakfast overnight while you sleep. (See the recipe card for an easy stovetop method, and page 214 for overnight Crock-Pot directions. For the health benefits of intact grains, see page 39.)

Raw Oregon Honey

Unrefined and rich in antioxidants and the occasional bee's knee, this raw, local honey was harvested from gardens along the Willamette River by bees who work for raworegonhoney.com, run by three generations of the Vollintine family in Oak Grove, Oregon. (For tips on using honey, see page 115.)

Dagoba Extra-Dark Chocolate

Smooth, rich with 84% cacao, and just the right amount of sweetness! Dagoba is considered by some to be one of the world's best chocolate, and it's crafted in Ashland, Oregon. (Read about the nutritional benefits of dark chocolate on page 57.) dagobachocolate.com

Cranberry Relish

This is an alternative that some of us prefer to more traditional cooked cranberry sauce; it's quick and easy to make in a food processor, bright with the flavor of fresh orange, sweetened with honey, and requires no cooking. Make a batch while there are fresh cranberries and sweet, juicy naval oranges. The tart-sweet flavor is especially compatible with roast pork and chicken as well as ham and turkey, but it is also tasty all by itself. Put it on the table and call it cranberry salad. Or layer it with *Yogurt Dessert Cream* (page 118) and call it a parfait. Or serve it over ice cream and call it a sundae. Well, maybe that *is* going too far...

(Makes about 4 cups)

1 orange (see note)

12-ounce bag fresh cranberries, about 3 cups

½ cup raw honey

1. Rinse orange well and remove any labels. Trim off both ends and chop the whole orange into about 16 chunks (about ½-inch pieces), skin and all.
2. Place orange pieces in a food processor or blender. Add cranberries and honey. Process for about 1 minute, scrape down sides, and then process another minute or until the relish is finely chopped and blended.
3. Scrape into pint Mason jars and store in refrigerator for up to 4 weeks.

Note:

- It's important that the orange is sweet and juicy. Look for one that is ever-so-slightly soft, and that seems heavy for its size.

The best gift? Better health.

Better health is priceless, and this is a great time of year to help each other take some of the practical steps to achieve it. Here are some suggestions:

1. **Hot off the press! *Good Food Great Medicine* (4th edition)** is fully revised, updated, and improved; a comprehensive lifestyle guide to weight loss, avoiding heart disease and stroke, reversing and preventing type 2 diabetes, treating depression and anxiety with less drugs, avoiding dementia and Parkinson's, reducing cancer and improving survivorship, reducing problems like heartburn and osteoporosis, and even improving ADHD in children! Read the first 110 pages, especially the 14-step *Risk Reduction Action Plan* beginning on page 90.

2. **Give yourself (or someone you love) a *Good Food Great Medicine* class series.** Currently we offer two options: a 2-part diabetes prevention, reversal and weight loss class and a 4-part heart disease and stroke risk reduction series at Providence Heart Institute BASECAMP. The lifestyle classes focus on controlling risk factors such as excess weight and high blood sugar, cholesterol, and blood pressure. Each series includes recipe demos, snacks, and a copy of the new 4th edition. See speaking events below for registration details.
3. **Schedule a consultation with Dr. Hassell** for evaluation, diagnosis, second opinion, or treatment plan, especially for difficult or persistent problems; and to identify steps to improve outcomes, reduce side effects of therapy, and review the value of specific nutritional supplements.
4. **Give a 6-month or 1-year health transformation program**, a doctor-patient partnership which provides support, accountability, and dietary counsel. Our goal is to make health improvement permanent: we see dramatic weight loss, reduction in heart disease, stroke and dementia risk factors, less heartburn, improved mood, and the very significant side benefit of reduced medications.
5. **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.****

Dr. Hassell's speaking events

12/6/2018 – Brain Health and Lifestyle: Which Choices Really Matter? Come hear Dr. Hassell talk about brain health, 6-8pm in Souther Auditorium. This is a free event – no need to register. Book signing following. Providence St. Vincent Medical Center, 9155 SW Barnes Rd, Portland, OR 97225.

1/30/2019 Providence Portland Medical Center Internal Medicine Grand Rounds: *Brain Health and Lifestyle: Which Choices Really Matter?* Portland, OR.

3/6/2019 and 3/13/2019 – *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.

4/4/2019 – 4/25/2019 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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