

♪♪ Go tell it on the mountain! ♪♪

December 2021



Are you ready for a reminder of what the sky looks like when it's blue? This photo was taken at the summit of Mt. St. Helens on a hot day in July 2021 – Dr. Hassell, his wife Anna, son Tor, and cousin Khloe are preparing their knees for the 8,365-foot descent.

Merry Christmas and Happy New Year!

Thank you for allowing us to be part of your care team . . . and we look forward to continuing working together for a better, fitter, healthier, happier 2022!

“For unto us a child is born, unto us a Son is given...”

Isaiah 9:6 (KJV)

Caution! Don't slip on the icing. . .

We've had no confirmation yet as to whether Christmas will be white or wet, but the food forecast is in and it looks like conditions will be ideal for eating. Daily showers of refined carbohydrates are expected to become heavier and more frequent over the next couple of weeks, and evasive action is advised.

Hints for healthy holiday habits

We could fill this newsletter with healthy holiday eating tips but we can already see your eyes glazing over. The thing is, most of us know what we're supposed to do. The tricky part is actually **doing** it while picking our way through a minefield of obligatory gifting, family politics, and platters laden with favorite holiday delicacies that tend to gang up on us this time of year. (For example, those lumpy-looking melt-in-the-mouth buttery cookies rolled in powdered sugar. Some of us have a complicated relationship with them, but this is the time of year – the ONLY time – to seek reconciliation.) Here are a few reminders to help us avoid unnecessary regrets at about mid-January:

- **Sit** down, even if only briefly, to eat some protein, good fat, and fiber three times daily, especially before going shopping. Don't leave the house hungry!
- **Keep** good food handy – on your kitchen counter, in your car, on your desk. Simple things like raw almonds and apple wedges work well.
- **Get exercise** every day. Walking briskly away from the punch bowl, jogging away from the cookie tray, and running from the dessert buffet are all effective.
- **Re-gift** candy and cookies before resolve weakens. The pleasure they offer is brief, but the inner glow of self-righteousness when you resist can last for days. If you perchance find yourself stuck with any of those lumpy-looking melt-in-the-mouth buttery cookies rolled in powdered sugar, feel free to just send them to us and we'll dispose of them appropriately.
- **Stop!** Don't be bullied by seasonal expectations. It's easy to feel overwhelmed, especially in the current climate of uncertainty about what the next day will bring. Maybe it's time for a quiet dinner at home and a good night's sleep.

This could be YOU on New Year's Eve!

You ate a good breakfast – a whole orange (not juice) followed by a mug of coffee and a couple of eggs scrambled with chopped tomato, grated cheddar, and an invigorating dash of hot sauce. Then you took a brisk walk outdoors until you lost feeling in your fingers and toes. Before leaving home for some last-minute shopping you grabbed a handful of almonds – not because you were particularly hungry but because you knew you probably would be by the time you accidentally met the bold gaze of a shameless cookie some time later.

At a New Year's Eve gathering that evening you ate only one succulent puff pastry sausage thingy. You even ate the little fluff of decorative kale. Next you hunted down anything that looked like a vegetable, filled your plate, and then added a slab of prime rib. (Risk Reduction Tip: **A second slice of prime rib is a lot healthier than a first slice of pie.**) You took a glass of punch that someone handed you, but topped it up with some sparkling water. With your tummy comfortably full and your head clear, you felt like crossing the finish line with a flourish, selecting a forkful or two of pie and one small cookie (maybe one of those lumpy-looking melt-in-the-mouth buttery cookies rolled in powdered sugar). You are ready for a new year!

Keep Christmas nutty

With Christmas this close, nuttiness is traditionally in good supply. If you're thinking "Whoa! All I want for Christmas is *less* nuttiness!" then you clearly have not been keeping up with the latest nut data. Not the nuts on the freeway or on Twitter, but walnuts, hazelnuts, brazil nuts, peanuts, almonds, pecans, and so on. We are happy to report that the news on nuts is getting better all the time: studies show that a well-trained nut can even do your Christmas shopping! (Of course, you knew that already.) And any nut makes a fine gift, especially when you dress it up a bit – the roasted almond recipe below is on our Top 10 list of easy homemade gifts.

Roasted Umami Almonds

From page 162 of Good Food Great Medicine, 4th edition

Any festive gathering is improved by these almonds – especially if accompanied by the *Candied Pecans* on page 280. *Umami* (oo-MAH-mee) is a Japanese term loosely translated as “deliciously savory.” This recipe is easy, and it fully justifies our stern warning about the seductive quality of roasted nuts (page 42). Don't say we didn't tell you.

(Makes 3 cups)

3 cups (1 pound) raw almonds with skins
2 tablespoons soy sauce

Preheat oven to 250 degrees.

1. Spread almonds in a single layer in a large shallow baking pan. (Lining the pan with parchment paper will make it easier to transfer nuts later.) Place in the oven for 15 minutes.
2. Transfer hot nuts to a mixing bowl and toss with soy sauce to coat evenly. Set aside for 10 minutes, tossing a few times to distribute unabsorbed sauce.
3. Return almonds to baking pan in a single layer and roast for about 1½ hours. Cool, transfer to jar, and hide until ready to serve. If well-sealed they'll stay crisp and fresh-tasting for at least a couple of months.

Note:

► If you make this recipe in the evening, you can also just turn the oven off after the timer rings and leave them in the oven overnight. In the morning they'll be ready to transfer to whatever you're storing them in (Remember to hang something on the oven door to remind you that they're in there.)

5 reasons to roast your own nuts:

1. The valuable fats are damaged or destroyed by commercial roasting processes.
2. Time in the warehouse and on store shelves combined with sub-optimal storage conditions compound the damage.
3. Roasted nuts and seeds are higher in the wrong calories – even the dry-roasting process uses added oil of some kind.
4. The oil used for roasting is an unknown quality and highly refined. (See page 67.)
5. Roasted nuts and seeds taste so good they are easier to overeat than their less exciting raw counterparts.

Nutty gifts from *Good Food, Great Medicine (4th edition)*

Packed in a crisp cellophane bag, tied with a ribbon. . .

- *Roasted Umami Almonds* (page 162)
- *Chocolate Almond Bites* (page 281)
- *Candied Pecans* (page 280)
- *CarmelNut Bars* (page 280)
- *Homemade Nut Butter* (page 162)
- *Granola* (page 217)
- *Grainless Granola* (page 163)
- *Muesli* (page 217)
- *Almond Tea Cakes* (page 272)
- *Almond Torte* (page 279)
- *Oatmeal Cookies* (page 277)
- *Scottish Oat Crispies* (page 277)
- *Serious Muffins* (page 271)
- *Banana Bread* (page 273)

. . . and some nutty dishes for holiday potlucks:

- *Apple, Broccoli, and Celery Slaw* (page 183)
- *Barley Salad* and *Quinoa Salad* (page 218)
- *Brown Rice Salad* (page 226)
- *Nutty Brown Rice* (page 223)

**We wish you a peaceful and merry Christmas,
a joyful New Year of fresh beginnings,
whole food, happy hearts,
and minimal refined carbohydrates!**

*“...for behold, I bring you tidings of great joy which shall
be to all people. For unto you is born this day. . .
a Saviour, which is Christ the Lord”!*

Luke 2:10,11 (KJV)