

Merry Christmas and Happy New Year! December 2023



Dr. Hassell spoke at the Providence Everett Geriatric Conference in October, giving a presentation on the steps we can all take to help us age gracefully. (For clues, see pages 25–28 in *Good Food, Great Medicine*, 4th edition.)

Wishing all a joyful Christmas and New Year from the Hassell and Ellis team!

“... and His name shall be called Wonderful, Counsellor, The mighty God, The everlasting Father, the Prince of Peace. a Savior, which is Christ the Lord”! (Isaiah 9:6, Luke 2:11)



We love this olive oil . . .

Looking for a great holiday gift? Stop by our office and pick up a ½-gallon tin (or 375 ml bottle) of Durant Arbequina extra-virgin olive oil. The tin protects the oil from light exposure as well as being convenient to handle and store, and for those of us who use A LOT of olive oil,

the half-gallon size makes a lot of sense. This particular variety is from Arbequina olives harvested and milled each fall at the Durant Olive Mill in Dayton, Oregon, with a blend of their own olives and carefully sourced olives from groves in Northern California. The close oversight of the growing and pressing processes, and short (local) supply chain, means you are getting exactly what is on the label, something we have a hard time determining with other olive oils. Olive oil is the **only** kitchen oil with consistent evidence for improving health outcomes, and we use this extra-virgin olive oil for **every** purpose, from vinaigrette and sauces to soups and stir-fries. Don't overlook it! (See page 41 of *Good Food, Great Medicine*, 4th edition, for more about using extra-virgin olive oil.)

Cold, flu, RSV, COVID making you nervous? Respond by buffing up your immunity

Along with good medical care, check out ideas for enhancing immunity and defeating viruses in our October 2023 newsletter as well as pages 22-23 in *Good food, Great Medicine*. If you have specific questions about your personal health situation, you are welcome to call our office at 503.291.1777 to schedule an office or telephone visit with Dr. Hassell or Dr. Ellis.

Some seasonal suggestions

Begin with breakfast: (See pages 135-138 of *Good Food, Great Medicine*.) Taking some time over breakfast to plan your day has a clearly favorable cost-benefit ratio. Think protein + good fat + whole vegetable and/or fruit.

Keep good food handy: Have it hanging around on your kitchen counter and in your car and on your desk – again, raw nuts and whole fruit are good choices, like easy-to-peel seedless Satsuma mandarins or apple wedges. And keep a few hard boiled eggs in the fridge.

Get some exercise every day: Recruit an exercise buddy. Try to get outside for a few minutes every morning. Some say there is no bad weather, just bad gear. If you disagree, you can join those who stride around the mall or skip rope in the basement.

Re-gift candy and cookies – *before* your resolve weakens. The pleasure they offer is brief, but the inner glow of self-righteousness can last for days. If you find yourself stuck perchance with any of those lumpy-looking melt-in-the-mouth buttery cookies rolled in powdered sugar, feel free to just send them to this address and we'll dispose of them appropriately.

The joy factor

This can be a truly joyous time of year, but it's easy to get overwhelmed by unreasonable expectations and the seeming impossibility of squeezing in a quiet dinner at home and a good night's sleep. However, evidence seems to show that people who eat more whole foods and get outdoor exercise and adequate sleep are far less likely to be depressed. So, making healthy choices around this time of year will nourish our minds as well as bodies. As an added advantage, being well fed and well rested will put us in a much better position to bring more cheer to someone else. Joy is contagious.

Mea's Candied Pecans

Nuts are born with a sensible combination of good fat, protein, and fiber, but dress them up with a bit of sugar and whatnot and – WOW!

(1 serving. Okay, okay, several servings.)

1½ - 2 cups raw pecan halves

¼ cup dark brown sugar

1 teaspoon pure vanilla

1 teaspoon cinnamon

½ teaspoon salt

1 teaspoon water

1. Place pecans in a 10-inch sauté pan over medium heat for about 5 minutes or until nuts are hot. (Just pat them with your open hand to check.) Shake pan regularly to heat evenly.
2. While pecans are heating, combine sugar, vanilla, cinnamon, salt, and water in a little dish.
3. Push nuts to sides of pan and scrape sugar mixture into center. It will immediately bubble and begin to spread; quickly push pecans into the syrupy mixture and stir and toss to coat as evenly as possible. They will be sticky and difficult to mix, but stir and shake over the heat for another three minutes or so.
4. Now, lock the kitchen door. Tip nuts out onto a parchment-lined baking sheet and separate briskly. Set aside to cool, then store nuts in a jar. They keep for weeks (especially if you forget where you hid them) and make a great gift.

Note:

► If nuts are still sticky after they cool, pop them into a 350 degree oven for about 5 minutes, or just until their little sugar coats puff up a bit. Then snatch 'em out quick before they overcook.

Open Town Hall:

Talking with Lifestyle Champions:

Dr. Hassell will be speaking on diabetes management on January 4th!

**Providence St. Vincent Medical Center
Souther Auditorium, 6–7:30PM**

Dr. Hassell will be leading a discussion about lifestyle approaches to diabetes management, type 2 diabetes prevention and reversal, and waist loss. The evening will also include an interview with Jeff, a special guest who will describe his Type 1 (insulin-requiring) diabetes journey, and how lifestyle improved his blood sugar control, enhanced his well-being – and reduced his medical costs! There will be time for questions and discussion. Registration is required; see details below.

Speaking events and classes

1/4/2024 – Open Town Hall: Talking with Lifestyle Champions: Come hear Dr. Hassell: 6–7:30 pm in Souther Auditorium. *Registration is required and seating is limited:* call 503.773.0770 or go to <https://greatmed.org/event/open-town-hall/> Providence St. Vincent Medical Center, 9155 SW Barnes Rd, Portland, OR 97225.

1/9/2024 – Providence St. Vincent Medical Center Grand Rounds: Miles Hassell MD: *Graceful Aging.* Portland, OR.

1/2024 – 2/2024 Pacific University College of Health Professions Doctor of Science: Miles Hassell MD: Evidence-Based Practice in Lifestyle Medicine Spring 2024.

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)*