

October 2017 Newsletter



Miles Hassell MD improving his health with Durant Vineyards Pinot Noir and a bottle of Oregon Olive Mill extra-virgin olive oil. You'll have the chance to taste freshly milled olive oil and Durant Vineyards estate wines at the ninth annual Olio Nuovo Festival next month at [Red Ridge Farms](#). See you there!

Don't forget to take your daily dose of Vitamin EVOO!

It's known on the street as extra-virgin olive oil, and once you know what it can do for you, it will be easy to remember to take it every day. Using a high-quality extra-virgin olive oil is one of the most protective steps you can take for your long-term health. Here are some of the amazing side effects associated with it:

- Lower total mortality and less cancer, dementia, heart disease, and stroke
- Reduced inflammation
- Improved blood clotting function, blood pressure and endothelial function
- Reduced cholesterol oxidation
- 51% lower risk of osteoporotic broken bones
- Less atrial fibrillation
- Less macular degeneration
- Improved mood and activity levels

(To read more about the remarkable benefits of EVOO and the studies that support them, see page 26 of *Good Food, Great Medicine*, 3rd edition.)

The richest source of Vitamin EVOO? Fresh-squeezed olive juice!

Did you know that this is the olive squeezing season? Olive oil is a simple, minimally-processed food which can be made in your back yard just as people have done for thousands of years: crush the olives, separate the oil from the solids, and serve it up. Extra-virgin (from the

first pressing) has the highest nutrient levels, including monounsaturated fat (omega-9), oleic acid, and a valuable family of antioxidants called phenols. No other dietary fat seems to have anything like the level of benefit that has been shown for extra-virgin olive oil.

Cook anything with extra-virgin olive oil

We recommend using extra-virgin olive oil as your only kitchen oil as well as the healthiest choice for pan frying or sautéing – or any cooking, for that matter. Smoke point? Glad you mentioned it: the smoke point of oil has nothing to do with health outcomes, but has everything to do with the marketing of highly-refined vegetable oils. As it happens, the smoke point of extra-virgin olive oil is about 400° F, so it can handle the 350–375° F temperature range of most frying. **Any** oil that is heated high enough to smoke should be thrown out and replaced. If you think your oil is getting too hot, adding vegetables is the fastest way to drop the temperature!

Three reasons to avoid refined vegetable oils

1. **Their health outcomes data** cannot compete with the outcomes data of olive oil studies.
2. **They're highly processed:** Extensive processing is necessary to transform freshly-milled oils like canola, soy, safflower, peanut, avocado, and grapeseed into mild-tasting, sediment-free, shelf-stable kitchen oils. **Even expeller- or cold-pressed oils** are highly refined, bleached, and deodorized (typically at very high temperatures, 250–500° F) **after** being pressed to produce neutral-tasting multi-purpose cooking oils unlike anything available in the the food supply prior to the last 100 years.
3. **Fatty acid profile:** Most vegetable oils (unlike olive and coconut oil) are high in omega-6 fatty acids, which appear to be associated with worse health outcomes if oversupplied in highly-refined forms.

How to choose the best extra-virgin olive oil

When shopping for olive oil look for three important characteristics:

1. Extra-virginity
2. Squeezed from American-grown olives
3. Harvest date noted on the label

Extra-virgin is the most nutrient-rich and surprisingly versatile considering its distinctive flavor, which ranges from mild and buttery to robust and peppery, depending on the olive variety. Domestic producers

such as Oregon Olive Mill and California Olive Ranch are your best bet because of very real concerns about the quality and purity of imported extra-virgin oil. The California Olive Oil Council seal and a harvest date on the label help confirm freshness and authenticity; keep it cool and away from light, and use within a year.

Caesar Dressing

This dressing has enough delicious depth, creaminess, and complexity to stand in as a sauce or dip. Nervous about the anchovies? Don't even *think* about leaving them out. They are the umami essence of this dressing and YOU WON'T EVEN TASTE THEM. (Plus, you don't actually have to tell anyone about them.) Add extra-virgin olive oil, lemon juice, a whole egg, garlic, mustard, salt, pepper, and freshly-grated Parmesan, toss with radicchio and Napa cabbage, and you've found our version of Portland's iconic Caesar salad. Mm-mm! *(Makes about 1 cup)*

¼ cup fresh lemon juice
zest from 1 lemon (2–3 tablespoons)
1 whole egg
6 anchovies packed in oil, drained well
1 teaspoon whole grain mustard
1 teaspoon freshly crushed garlic
1 teaspoon salt
1 teaspoon freshly ground pepper
¼ cup freshly-grated Parmesan
½ cup extra-virgin olive oil

Immersion blender method:

1. Combine all ingredients in something like a wide-mouth pint Mason jar or any slim container with a 2-cup capacity and a neck big enough to fit the business end of the immersion blender.
2. Place the blender head into the mixture and hold it against the bottom of the container. Blend at medium high speed, keeping the blender against the bottom. In about 10 seconds gently pump the blender head up and down until all the oil is completely blended in.

Mini-processor or blender method:

Combine everything but the oil and process for about 10 seconds, then add oil in a steady stream and process another 10 seconds or so.

Note:

▶ Anchovies are nutritional powerhouses (rich in vitamin D, omega-3 oils, nucleic acid, protein, and calcium), and their intense, salty, meaty flavor is valued by chefs everywhere. Mashed anchovies (about three equal a tablespoon) can stand in for fish sauce in *Tom Kah Gai* (page 224) and *Creamy Thai Tomato Soup* (page 184), and are valuable undercover agents in dishes like *Brown Rice Salad* (page 214).

Your rainy season check list

If there were road signs that warned us about seasonal danger levels for weight gain, we would start seeing the arrow pointing in the red zone about this time of year. The usual reasons: less daylight, more rain, Halloween candy, and comfortable sofas. So take steps now to protect your health from seasonal threats:

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. **Schedule a consultation** with Dr. Hassell to address solutions for your particular situation.
4. **Sign up for a health transformation program**, an intensive doctor-patient partnership customized to your specific situation.

Dr. Hassell's speaking events

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 join the waiting list or find *Good Food, Great Medicine* (waiting list) in the class catalog at providence.org/classes.

10/14/2017 – Celebrate fall at Oregon Olive Mill at beautiful Red Ridge Farms: Hear a lively, interactive presentation by Miles Hassell MD and enjoy a Mediterranean dinner prepared by [Valley Commissary](http://ValleyCommissary) showcasing *Durant Vineyards* wine and *Oregon Olive Mill* extra-virgin olive oil. Mea Hassell will demo recipes featuring EVOO and attendees will receive a copy of *Good Food, Great Medicine* and a bottle of Oregon Olive Mill's award winning extra-virgin olive. Purchase tickets online at redridgefarms.com or call 503.864.8502. Seating is limited.

11/2/2017 – Northwest Cardiovascular Management Association: *Going Beyond Guideline-Based Medicine: Which Lifestyle Choices Matter?* Portland, OR.

***COMING SOON in 2018* – *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 sign-up on the waiting list.

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"Prove all things; hold fast that which is good."

1 Thessalonians 5:21 (KJV)