

November 2016 Newsletter



Our 2017 *Good Food, Great Medicine* classes are just around the corner. Come join the conversation! Is there a better time than the new year for a new you? (Details next page.)

Look at these health-transforming results!

This is some of the inspiring feedback we hear from patients and participants in the *Good Food, Great Medicine* weight loss and diabetes reversal classes:

- "I lost 40 pounds and my wife lost 19 pounds..."
- "I was able to stop my blood pressure medications..."
- "I am no longer diabetic, and I have stopped all of my diabetes medications! My blood sugars and HbA1c are now both in normal range."
- "I have been able to stop my insulin injections!"
- "I am really happy with the increased energy I feel since changing my diet and being more active..."

And while diabetes reversal, normal blood pressure, waist loss, fewer medications, and feeling better are all important, they are really only the tip of the iceberg for health benefits. Even more important to appreciate is the vast reduction in future disease we are likely to achieve by making evidence-based lifestyle choices now; less cancer, stroke, heart disease, atrial fibrillation, joint replacement, depression, dementia, and inflammation, as well as improved immunity. Even for cancer, the observational data show that the same lifestyle choices have a dramatic impact on reducing risk of cancer recurrences and side effects from cancer therapy. We need to keep our eyes on both the short term *and* the long term objectives and put our efforts into lifestyle changes that bring real results.

Successful lifestyle transformation? Keep it personal, simple, and enjoyable

Here are three tried and true transformational tips:

1. **Prepare your own food from scratch:** this will both improve your food choices and (get this!) *reduce calorie intake by 200-400 daily!* Eating an omnivorous whole food Mediterranean-style diet with plenty of flavor makes eating enjoyable and sustainable over the long run. Combine protein, good fat, and fiber with every meal or snack to satisfy hunger better and longer. (See pages 77–79 of *Good Food, Great Medicine*.) To boost weight loss consider the concept of "intermittent fasting" by front-loading meals into the first part of your day.¹ Replacing dinner with a snack also works.
2. **Minimize carbohydrates** like *added* sugar (real and artificial), sweet drinks, and anything made with flour or refined grains. Naturally occurring sugar in whole foods like fruit and plain yogurt is fine, as is the carbohydrate in intact grains and vegetables.
3. **Exercise every day!** Aim for at least 30 minutes of moderate daily activity – anything works. A brisk walk is a timeless favorite and can be broken into smaller pieces, like two 15-minute chunks.

Health transformation toolbox

Here are five tools to get you started:

1. **Go to our website (goodfoodgreatmedicine.com) and download one of our handouts:** for example, *An Evidence-based Guide to Successful Waist Loss and Preventing or Reversing Insulin Resistance and Type 2 Diabetes*. (Click on the *resources* tab.)
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 February *Good Food, Great Medicine* class series. (See next page for details.)
4. **Schedule a consultation** with Dr. Hassell to address solutions for your particular situation.
5. **Sign up for a one-year health transformation program**, a 12-month intensive doctor-patient partnership customized to your specific situation.

¹ Peterson, C. Pennington Biomedical Research Center. Oral abstract presentation at: The Obesity Society Annual Meeting at ObesityWeek 2016; October 31 – November 4, 2016. www.obesityweek.com

Butternut Squash Purée

One of our favorite winter side dishes. (See page 188.) Preparation is simple but each ingredient is important.

(Serves about 6)

- 1 medium butternut squash (about 2½ pounds)
- 2 – 4 tablespoons butter
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper

1. Peel butternut squash with vegetable peeler and trim each end. Separate neck portion from bulb end. Cut both in half vertically, and scrape out seeds in bulb end. (To roast seeds, see page 174.) Chop into 1-inch chunks and steam for 30–40 minutes or until tender. Reserve ½ cup of the steaming water in case you need to add a bit to the purée in the next step – some butternut squash is surprisingly dry.

2. Combine hot cooked squash with butter, salt, and pepper in a food processor and purée until smooth. (If your food processor is smallish or your squash is large, purée in 2 batches with the butter, salt, and pepper divided between the batches.) If the purée is too thick, add a few tablespoons of reserved cooking water. (Be careful – too thick is better than too thin.)

Butternut Custard

Yep, you can even use leftover squash purée to make this custard (page 215) – which doubles as pumpkin pie filling for Thanksgiving. Add a crust, if you prefer, and serve with plenty of real whipped cream.

(Serves about 6)

- 4 eggs
- ½ cup honey
- ½ teaspoon salt
- 2 teaspoons cinnamon
- ½ teaspoon nutmeg
- ½ teaspoon garam masala (see note page 193)
- ¼ teaspoon ground cloves

- 1 cup half-and-half
- 2 cups mashed cooked squash or leftover purée
- 1–2 tablespoons butter (for baking dish)

Preheat oven to 300 degrees and set rack in middle.

1. Beat eggs, honey, salt, and spices in an 8-cup Pyrex jug. Add half-and-half and squash and beat until smooth. (I use an immersion blender, but you can actually use a blender for the whole operation.)
2. Melt butter in a shallow 1½ quart baking dish and spread it around. Pour squash mixture into dish and bake for 40–50 minutes, or until just firm in the center.

One-year health transformation program

For stubborn health challenges like type 2 diabetes, excess weight, and heart disease, a personalized one-year health intensive program may be what you need. It is a patient-doctor partnership with the goal of reversing your disease and improving your long-term quality of life. We will work with you to:

- Create an action plan with aggressive risk factor management and dietary counseling
- Coordinate with other treating physicians and arrange for additional tests as needed
- Discuss solutions to target specific issues like blood pressure, blood sugar, weight, cholesterol, and sleep
- Minimize the use of medications
- Schedule regular follow-up visits to evaluate results and make changes as necessary

Feel free to call our office for more information.

Good Food, Great Medicine classes

Our two-part class series targets weight loss, insulin resistance, and type 2 diabetes, and details steps for preventing or reversing them. The classes are based on the 3rd edition of *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.

Time: 6 – 8 pm Wednesday
Dates: 2/15/2017 (Part 1) and 2/22/2017 (Part 2)
Location: Providence St. Vincent Medical Center
Cost: \$100 (2-class series)
Registration: Call 503.291.1777 to reserve a place

Sign up for this free monthly medical + lifestyle newsletter at Goodfoodgreatmedicine.com

“In everything give thanks. . .”
1 Thessalonians 5:18 (KJV)

2016 © Miles Hassell MD