Evidence-based food and lifestyle prescriptions for
- type 2 diabetes reversal
- sustainable weight loss
- heart disease and stroke prevention
- less inflammation
- reduced cancer risk and better treatment outcomes
- improved blood pressure
- cholesterol
- blood sugar
- immunity
- less dementia
- Parkinson’s
- osteoporosis
- heartburn
- less depression
- anxiety
- ADHD

With more than 200 easy-to-follow recipes using everyday ingredients

**Diet change**

“Good Food + Great Medicine = fantastic book! Dr. Miles Hassell tackles prevention with evidence, creativity, and passion, and the results go down easy. His thoughtful approach to current nutrition controversies will help all of our patients make better decisions about their health.”

JAMES BECKERMAN MD, FACC
Heart and Vascular Institute Providence St. Vincent Medical Center, Portland, Oregon

**Type 2 diabetes reversal**

“I have seen these recommendations reverse type 2 diabetes in my own family. Good Food, Great Medicine presents a clear roadmap to lose weight and reduce heart disease and diabetes risk. You will want to share this with your friends and loved ones.”

CURTIS HU, MD, MACP
Portland, Oregon

**Weight loss and lower cholesterol**

“I followed your book to the letter for three months and had great improvement in LDL (cholesterol) and lost weight as a happy side-effect. I was pleased to see that you have kept updating the book — I still think it is the most reasonable way to eat healthy that I’ve seen out there.”

JOSEPH BLATT MD, FACC
Cardiologist, San Diego, California

**Heart disease prevention**

“We have been giving this book to our new Cardiac Rehab patients for over four years. It has essentially acted as our nutrition education template. Patients who read it, get it. Those who use the material benefit and are grateful for the tools to improve their health and well-being.”

GREG LAWSON MS, RCEP, FAACVPR
Heart and Vascular Institute
Providence Regional Medical Center, Everett, Washington

ACHIEVE optimal long-term health
REVERSE type 2 diabetes and prediabetes
AVOID cancer and improve survivorship
PREVENT heart disease and stroke
LOSE weight... and keep it off

**FOURTH EDITION**

Completely revised and updated

**NEW CONTENT**

- Advanced nutrition for optimal health
- Practical tips for managing diabetes
- Strategies for reducing heart disease risk
- Holistic approaches to improving mental health

**ABOUT THE AUTHORS**

Miles Hassell MD
and Mea Hassell

Miles Hassell MD is an internist in private practice at Providence St. Vincent Medical Center in Portland, Oregon, and Associate Medical Director/Professor at Pacific University School of Physician Assistant Studies. Dr. Hassell established the Integrative Medicine Program at Providence Cancer Center and emphasizes evidence-based food and lifestyle choices as part of a comprehensive medical model.

Mea Hassell is a writer, food consultant, and cooking instructor who translates evidence-based nutrition into practical day-to-day living and eating.

**BOOKS PORTLAND**

**FORTHCOMING RELEASES**

- Good Food, Great Medicine
- The Power of Probiotics
- The Mind-Body Connection

**PRINCIPAL REVIEWERS**

- JAMES BECKERMAN MD, FACC
- CURTIS HU, MD, MACP
- JOSEPH BLATT MD, FACC
- GREG LAWSON MS, RCEP, FAACVPR

**PUBLICATION DATE**

Available Fall 2023

**GOODFOODGREATMEDICINE.COM**

Practical health solutions from more than 25 years of internal medicine practice