

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 HOLZGANG 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

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.

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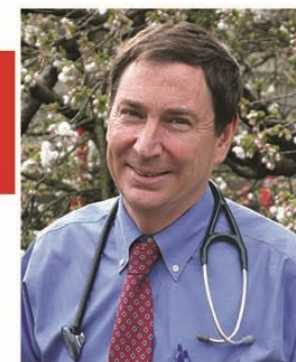
Good Food, Great Medicine

Miles Hassell MD and Mea Hassell

Good Food Great Medicine

A MEDITERRANEAN DIET *and* LIFESTYLE GUIDE

Miles Hassell MD
and Mea Hassell



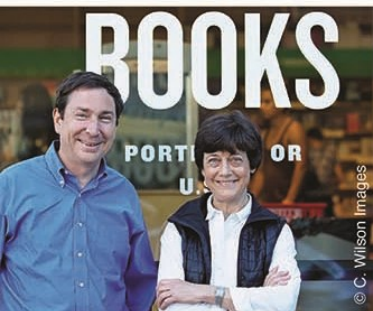
- **ACHIEVE** optimal long-term health
- **REVERSE** type 2 diabetes and prediabetes
- **AVOID** cancer and improve survivorship
- **PREVENT** heart disease and stroke
- **LOSE** weight ... and keep it off

FOURTH EDITION

Completely revised
and updated

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

goodfoodgreatmedicine.com



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