For most patients this book is their first encounter with major diet changes, and it can help keep them from getting overwhelmed. The clarity is outstanding, and eating enjoyment.

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.

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.

Weight loss & lower cholesterol

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

Good Food + Great Medicine = the lifestyle choices that matter

This completely revised third edition has more than 280 easy-to-read pages presenting the powerful medical data to support your risk for heart disease, stroke, insulin resistance, metabolic syndrome, obesity, and type 2 diabetes, with strategies for cancer prevention and survivorship as well as improving cholesterol, blood pressure, dementia, and depression.

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