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 the case for a whole food Mediterranean-style diet. A practical resource for an evidence-based approach to eating well without sacrificing eating enjoyment.

- Includes 185 delicious recipes with clear directions and everyday ingredients designed to please the whole family.
- Cuts through the confusion over often conflicting health advice with a compelling summary of medical studies showing what works to improve health outcomes, and equips you to understand how to evaluate study data for yourself.
- Combines traditional whole foods with modern evidence.

- Explores diet controversies such as fat, red meat, grains, dairy, and other traditional foods eaten throughout recorded history.
- Simplifies strategies for establishing lifelong eating habits using budget-friendly resources you already have — your kitchen and the grocery store.
- Presents a 14-step plan integrating simple food and activity choices to reduce 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.

*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.

**DAVID STEWART MD, FACC**
Cardiologist, Everett, Washington

*Good Food + Great Medicine = fantastic book!* Dr. Hassellすれば prevention with evidence, realistically, and passion, and the result goes 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**
Cardiologist, San Diego, California

*Heart disease prevention*

We have been giving this book to our new Cardiac Rehab patients for over four years. It is essential advice 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 MD, FACP, FAAVPR**
Heart and Vascular Institute, Providence Regional Medical Center, Everett, Washington

*Cancer survivorship*

I wasn’t enthusiastic about eating during chemotherapy but Good Food, Great Medicine showed me that I could eat simple, fresh, real food, and I think this helped minimize treatment side effects. I still use the advice.

**MADELYN JOHANNES RN**
Tacoma, Washington

**Weight loss & lower cholesterol**

I noticed your book to the letter for three months and lost 17.5 pounds in 13lbs and lost weight as a happy side-effect. I also 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.

**JOSEPH BLATT MD, FACC**
Cardiologist, San Diego, California

Transform your health with food and lifestyle choices

Evidence-based advice for using simple lifestyle choices and your kitchen in the pursuit of optimal health

Good Food, Great Medicine

Third Edition

Miles Hassell MD
Mea Hassell

Diet change

For most patients this book is their first encounter and remember.

“A MediterraneAn diet

Presents a 14-step plan integrating simple food and activity choices to reduce 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.

Sensible strategies for

- aging well and avoiding dementia
- preventing cancer and improving survivorship
- increasing immunity and reducing inflammation
- more energy, better sleep, and less depression
- planning meals and feeding children

Features a new 14-step Risk Reduction Action Plan to

- prevent or reverse heart disease and stroke, type 2 diabetes, insulin resistance, and the metabolic syndrome
- improve cholesterol and blood pressure with fewer drugs
- lose weight without deprivation

Recipes and ruminations from more than 20 years of internal medicine practice

goodfoodgreatmedicine.com

Completely revised and updated

Third Edition | goodfoodgreatmedicine.com

Printed on recycled paper

---

*About the authors*

MILES HASSELL MD is an internist in private practice, and established the Integrative Medicine Program at Providence Cancer Center in Portland, Oregon. He emphasizes evidence-based nutrition and lifestyle recommendations as part of a comprehensive medical model.

Mea Hassell, M.D., is Miles’ sister and co-author; the writer, cooking instructor, and recipe creator who translates Miles’ passion for nutritional medicine into practical day-to-day living and eating.

---

*Good Food, Great Medicine — the lifestyle choices that matter*