

What readers are saying...

“Superb research-backed advice on eating healthy and delicious food written in a fun, easy to read format. Many of the recipes have become weekly staples in my home. Try the homemade granola, quick black bean chili, and brown rice pilaf! I have gifted this book to numerous family members looking for a medically-sound, practical, and reliable guide to enjoying food for good health.”

“This book was recommended by my cardiologist's nurse practitioner. She said it was down to earth and practical. *Good Food Great Medicine* gives both the latest ideas of a heart healthy diet and enjoyable, tasty recipes. I was surprised by how accessible the medical advice is. We started cooking the recipes the day it arrived and we ain't done yet. The kitchen aroma is a delight. The food is so palate-pleasing, it hardly seems possible that it's healthy.”

“This book is based on great research and sound science. Additionally the recipes are easy and flavorful. The text is informative and light-hearted (sometimes even humorous). I went to Dr. Hassell desperate to avoid surgery, and reduce diverticulitis flare ups and heavy antibiotics. With his guidance and a complete change in diet and exercise my GI health has been restored and I will also enjoy the vast benefits of the Mediterranean diet within; prevent heart disease, diabetes, etc. Highly recommend!”

“What a wonderful resource to be able to place in the hands of our patients. My patient today has been transitioning to this diet for 5 weeks and her triglycerides were 233 when she started and weight was 198 and today her trig were 107 and she weighed 186. She and I were so happy. All of her labs were noticeably improved, but I am sure this is old news to you by now. She was excited about how workable it was for her and her husband.”

“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 side effects.”

“I was a type 2 diabetic for 10 years with a typical A1C of 7–8%. Exercise and diet didn't seem to help much no matter how hard I worked out. Last year, in Oct 2015, my glucose shot up to 270, a very dangerous level. After a radical change in diet and MILD exercise my readings came down over the next 3 months. In Jan 2016 my A1C had come down to

5.6!!!! It hadn't been that low in over 15 years. Since then, my wife and I have made *Good Food, Great Medicine* the centerpiece of all of our meals. When I talk with people that have T2 diabetes I recommend they start by getting this book and reading the first 120 pages [110 now]. It's amazing how much more effective a proper diet is versus exercise. And ALL this change was brought about without any medication. Over the last year I've come across many accounts of people that have brought T2 diabetes under control with diet and mild exercise. My mother is one of them. By the way, I lost over 25 pounds and it has not come back.”

“Today is the one year Anniversary of my office visit and receipt of your guidance along with the gift of your wonderful cookbook. My GI system was a sad state of affairs when I first met you. I was suffering with multiple bouts of painful diverticulitis. I am happy to share that I am feeling great and have not had a recurrence at all in the last year! You were right about it all...including the part about spending more time on menu planning, shopping and label reading (Trader Joe's and Winco bulk section are my friends) and food prep, but it's worth it, as my main goal was pain relief and surgery avoidance. Bravo.”

“If you are looking for wonderful books on food and nutrition (beyond supplements, etc.), I want to suggest this one. If I could have only one book on risk reduction through diet, this would be the one, far and away. It is the best book I have ever read and USED on diet and health. It is not flashy or argumentative, no glossy photos, alas, but this is well-reasoned, well laid out, and DOABLE! (and delicious! – try their black bean chili! or Breadzilla!) I don't know whether this comes in audio form, but I don't think that would work – needs to be laid out, folded back (it has a ring-binder), perused. The shopping list alone is worth the price of the book. Note that nuts and seeds are in their list of refrigerated items (no good if their fats turn rancid). Love this book!”

“Wonderful, insightful book. The statements made are clear and well supported by current research. Strongly recommend to anyone interested in health and wellness.”

“Filled with great information about the health benefits of good eating and recipes that are easy to follow, prepare, and enjoy. I love this book, and I can barely boil water. Worth it for the Salmon Cake recipe alone.”

"This really is a wonderful cook book. You will find many different types of foods/recipes in here. This is a cook book based on good, simple, and overall HEALTHY food. It uses evidence based medicine to put to rest many food and dietary misconceptions that are still astoundingly prevalent in today's culture. The recipes taste wonderful, but even more importantly they really make you feel healthier. Dr. Hassell and Mea really found a way to make good-for-you food taste wonderful. Buy this book, cook, eat, and enjoy a healthier lifestyle. I use what I have learned from this cook book and apply it to all of my cooking/eating."

"I got this book at the library first and found it very helpful in pursuing a healthier diet (when I adopted a healthier diet, I lost 22 pounds in the first six months and I've lost an additional seven pounds over the intervening year and feel and look so much better that I'm encouraged to keep it up). I didn't intend to purchase it and just took some notes for reference. Well that was last year, and I've thought about the book so often in the interim that I finally broke down and bought it. It is accessibly written with sound references and contains useful recipes for putting the plan into practice. It's broken down in a way that makes it achievable and not overwhelming – you don't have to adopt everything to still make improvements. The Hassell siblings have created guidelines and recipes that won't go out of style but will stand the test of time."

"Unlike most 'diet' books it's uncomplicated and not that hard to implement. It's chock full of recipes to replace everyday processed food items like mayo, dips, sauces, breads and tons more. . . What I really love about this book is that he doesn't take a hard line approach. He presents the studies, gives practical step-by-step ideas on how to make gradual lifestyle changes and helps for ways to start changing your thinking about food, exercise, and your whole health and lifestyle picture. The way he presents everything makes it feel so doable if you start with just one little thing at a time. He gives a comprehensive list of transition tips and tricks that will really help you be successful."

"Good book with lots of facts with references to prove the studies done. It follows the Mediterranean diet for healthy eating. It has recipes and tips to getting started. I encourage anyone with an interest in their health and weight to try it for at

least a month. I saw a big improvement in my high blood pressure as the weight began to slip off."

"Great book that ties it all together. Don't expect pretty pictures, every page is filled with lots of details and ideas. There is even a shopping list! I am already hooked on making my own mayonnaise after seeing how easy it is and how great it tastes."

"Bought this on my doctor's recommendation. It is a clear and concise book with many delicious recipes that are easy to follow."

"This book has changed my way of eating and putting me on the path to a healthier life. The author discusses information in a short but concise manner that is easy to understand. Lots of recipes to follow and advice on how to get your pantry organized so it's easier to follow the plan. My aunt brought me this book after I had a life changing health scare. I'm so thankful to have this as my guide."

"Originally I purchased the book just to have Dr. Hassell's info close by: however, I am just delighted with your recipes and all the wonderful hints and special remarks. I am about to embark on brewing kefir for the first time.... I've made lots of yogurt, but no kefir. My library holds so many recipe and healthy lifestyle books, but none of the recipes have ever appealed to me. Yours are wonderful...every time I pick up your book I again become motivated to exercise more and try again to decrease my love for sweets. I am almost 80, too skinny, and recent lab tests and X-rays showing results of past history of stress, smoking, improper diet, etc. So at this advanced age, I am changing my life. And Dr. Hassell's lecture was the motivator for all these changes."

"If you want to eat flavorful food that is easy to prepare and does not require a cooking degree to assemble or a specialty store to shop at, this is the cookbook for you. We have made almost everything in it except the breads. It is our go to book for basic, everyday cooking. I have given away many copies and have recommended this cookbook to many people. We love it!"

"My wife and I LOVE this cook book. Delicious, healthy, and (mostly) easy to make food. Awesome!"

"Love this book. If I could only have one 'food' book this would be the one I would keep."