

GOOD FOOD, GREAT MEDICINE

A MEDITERRANEAN DIET AND LIFESTYLE GUIDE

FOURTH EDITION

by Miles Hassell, MD and Mea Hassell

Featuring a 14-step Risk Reduction Action Plan

- **Reverse** type 2 diabetes, insulin resistance, prediabetes, metabolic syndrome, and gestational diabetes
- **Prevent** heart disease and stroke
- **Reduce** cancer risk and improve survivorship
- **Improve** blood sugar, blood pressure, and cholesterol with fewer drugs
- **Lose weight** . . . and keep it off



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