GOOD FOOD, GREAT MEDICINE

A MEDITERRANEAN DIET AND LIFESTYLE GUIDE

THIRD EDITION

by Miles Hassell, MD and Mea Hassell

Featuring a 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
- reduce dementia and cancer, and improve cancer survivorship
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