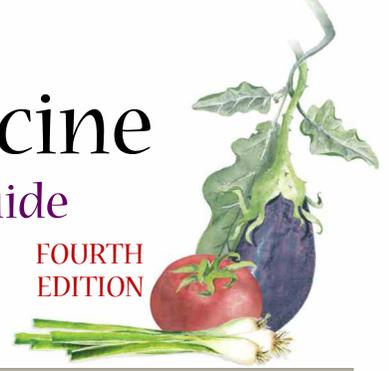


# Good Food, Great Medicine

## A Mediterranean Diet and Lifestyle Guide

FOURTH  
EDITION

by Miles Hassell MD and Mea Hassell



This completely revised and updated edition of the popular wellness-guide-and-cookbook offers the why, the what, and the how of good health. It's written by a brother-sister physician-food writer team who present a simple, sustainable, and accessible approach to eating well, busting the myth that it has to be complicated or expensive. In a culture preoccupied with new dietary edicts and old controversies, *Good Food, Great Medicine* provides clarity, common sense, and evidence-based recommendations supported by the most up-to-date medical studies from the current literature. The 300 easy-to-read pages are seasoned with liberal splashes of humor and include chapters on exercise, sleep, supplements, foods to eat and foods to avoid, meal planning, and tips for shopping and cooking. The *Risk Reduction Action Plan* is a 14-step lifestyle trail guide for those struggling with weight or other risk factors, with practical strategies to:

- prevent or reverse heart disease and stroke
- prevent or reverse type 2 diabetes, prediabetes, metabolic syndrome, and gestational diabetes
- improve cholesterol, blood pressure, and blood sugar with fewer (or no) medications
- reduce cancer risk and improve cancer survivorship
- reduce risk of dementia and Parkinson's disease
- lose weight and keep it off

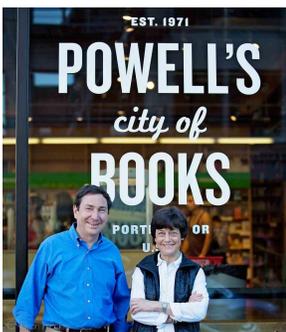
- This new edition expands its focus to include Mediterranean benefits for conditions such as inflammation, immunity, depression, anxiety, heartburn (GERD), osteoporosis, ADHD, and healthier children – each with a lifestyle prescription.
- Readers will take a closer look at processed food, a category which has exploded in the last several years with ready-to-eat/drink products and food substitutes.
- Key issues like critical thinking (separating fact from opinion) and evaluating study data are examined, along with diet controversies surrounding traditional foods like red meat, salt, grains, and dairy.
- *Good Food, Great Medicine*, one of the top two bestselling cookbooks of 2016 at Powell's Books, now has over 200 whole food recipes with easy-to-follow directions and everyday ingredients.

*"Good Food + Great Medicine = fantastic book! Dr. Miles Hassell tackles prevention with evidence, creativity, and passion, and the results go 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

Providence Heart and Vascular Institute

Providence St. Vincent Medical Center | Portland, Oregon



**Miles Hassell MD** is board certified in Internal Medicine and in private practice at Providence St. Vincent Medical Center in Portland, Oregon, where he lives with his wife Anna and son Tor. He is a clinical instructor in the training of Internal Medicine residents, twice named *Outstanding*

*Teacher of the Year*, and is Associate Medical Director and Professor at Pacific University School of Physician Assistant Studies. He was born in Seattle, Washington, grew up in Perth, Western Australia, and received his medical degree from the University of Western Australia; he completed his residency in Portland. Dr. Hassell established the

Integrative Medicine Program at Providence Cancer Center in Portland, and speaks to physician groups regarding the integration of lifestyle and conventional medicine, as well as to corporate and public audiences. He has been chosen as one of *Portland's Top Doctors*, and encourages the vigorous application of evidence-based food and exercise choices in the *Good Food, Great Medicine* Basecamp Cardiac + Prevention Wellness Center class series at Providence Heart and Vascular Institute.

**Mea Hassell** is a writer and cooking instructor who translates Dr. Hassell's evidence-based nutrition into practical day-to-day eating. Her passion for good food is a key ingredient in their *Good Food, Great Medicine* disease reversal and weight loss classes. She was born in Seattle, Washington, grew up in Western Australia, and lives in Portland, Oregon.

Good Food, Great Medicine: A Mediterranean Diet and Lifestyle Guide

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