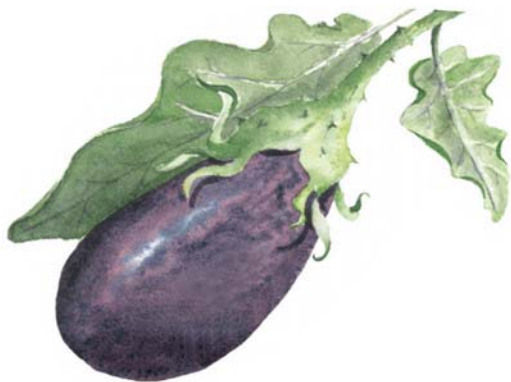


Good Food Great Medicine

A homemade cookbook
and evidence-based guide
to eating well

by Mea Hassell and Miles Hassell, M.D.



Follow the evidence!

270 easy-to-read pages presenting the powerful medical evidence that supports the case for a whole food Mediterranean-diet-and-exercise-based lifestyle, with over 140 simple recipes. Use *Good Food, Great Medicine* to:

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2. Reverse the metabolic syndrome
3. Prevent and treat type 2 diabetes
4. Improve cholesterol levels
5. Control high blood pressure
6. Reduce risks of dementia and cancer
7. Lose weight without deprivation

“We teach our cardiac rehabilitation classes using *Good Food, Great Medicine* and I recommend it to all of our cardiac rehab patients. For most patients this book is their first encounter with major diet changes, and it can help keep them from getting overwhelmed. The clarity is outstanding, and the organization makes it easy to understand and remember.”

David Stewart, M.D., Medical Director
Heart and Vascular Institute
Providence Regional Medical Center
Everett, Washington

Authors



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