

A MEDITERRANEAN DIET AND LIFESTYLE GUIDE

for heart disease, stroke, type 2 diabetes, and weight loss

# Good Food Great Medicine

Completely  
revised and  
updated

Evidence-based advice  
for using simple lifestyle choices  
and your kitchen in the pursuit  
of optimal health

THIRD EDITION

Miles Hassell MD

Mea Hassell

Features a new 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
- lose weight without deprivation

Sensible strategies for

- aging well and avoiding dementia
- preventing cancer and improving survivorship
- increasing immunity and reducing inflammation
- more energy, better sleep, and less depression
- planning meals and feeding children



Recipes and ruminations from more than 20 years of internal medicine practice

[goodfoodgreatmedicine.com](http://goodfoodgreatmedicine.com)

Miles Hassell MD

**Good Food, Great Medicine: A Mediterranean Diet and Lifestyle Guide by Miles Hassell MD,  
Mea Hassell (2014) Spiral-bound**



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Good Food Great Medication can be an evidence-based guide to using the mediterranean diet as well as your kitchen in the quest for optimal health, and in so doing, "make better use of food as well as your kitchen in the fight against type 2 diabetes, high blood pressure, cardiovascular disease, and cancer". Learn to shop and prepare meals that represent mediterranean cooking, which include plenty of fresh fruits and vegetables, legumes, lean meats and healthy fat. Vincent Hospical in Portland Oregon. That is an extremely durable, and handy to make use of cookbook with loose-leaf binding that is meant to be used in the kitchen. It is an exceptional present for those loved types who you wish to enjoy optimal wellbeing and nutrition! He founded the Integrative Med Learn about nutritional supplements that can benefit those that are deficient due to the western diet from the brand new chapter on avoiding and treating heart disease. Miles Hassell, MD is table certified in internal medication and is in private practice at Providence St.



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