

Good Food Great Medicine

A MEDITERRANEAN DIET *and* LIFESTYLE GUIDE

Miles Hassell MD
and Mea Hassell



- **ACHIEVE** optimal long-term health
- **REVERSE** type 2 diabetes and prediabetes
- **AVOID** cancer and improve survivorship
- **PREVENT** heart disease and stroke
- **LOSE** weight ... and keep it off

FOURTH EDITION

Completely revised
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Practical health solutions from more than 25 years of internal medicine practice

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Good Food Great Medicine A Mediterranean Diet And Lifestyle Guide

Mea Hassell, Miles Hassell



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