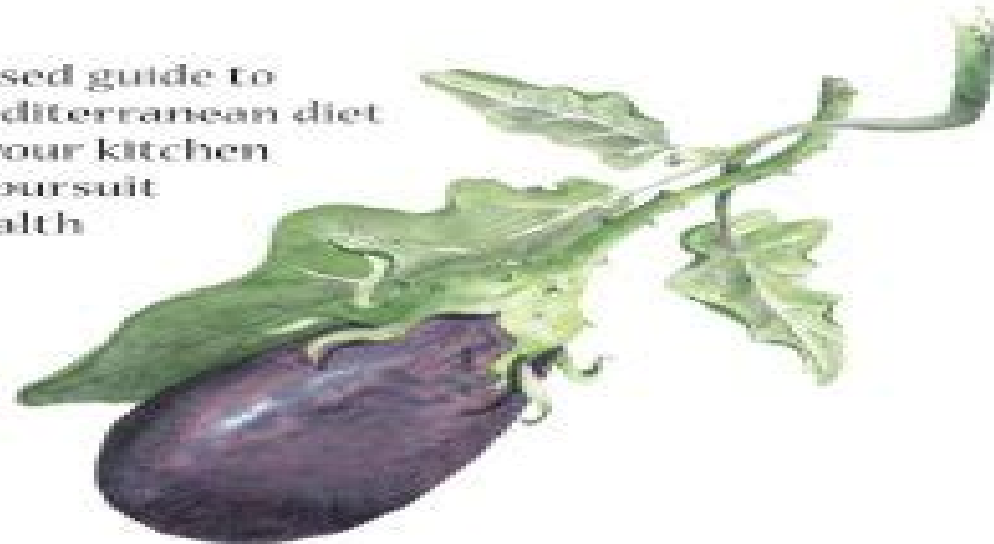

Good Food Great Medicine

A H O M E M A D E C O O K B O O K

Recipes and ruminations from a medical practice

An evidence-based guide to
using the Mediterranean diet
and your kitchen
in the pursuit
of optimal health

with section on
**PREVENTING
AND
TREATING
HEART
DISEASE**



MEA HASSELL
MILES HASSELL, M.D.

REVISED SECOND EDITION

Good Food Great Medicine A Homemade Cookbook

Puja Mehta



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