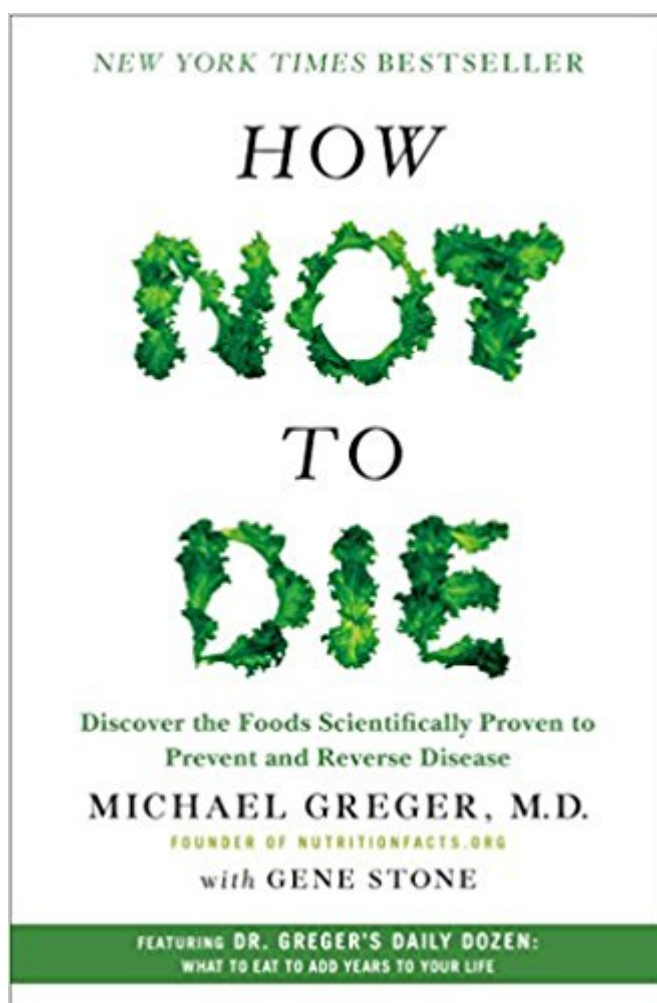


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# How Not To Die: Discover The Foods Scientifically Proven To Prevent And Reverse Disease



## Synopsis

New York Times Bestseller – “This book may help those who are susceptible to illnesses that can be prevented.” – His Holiness the Dalai Lama – “Absolutely the best book I’ve read on nutrition and diet.” – Dan Buettner, author of The Blue Zones Solution

From the physician behind the wildly popular Nutrition Facts website, *How Not to Die* reveals the groundbreaking scientific evidence behind the only diet that can help prevent and reverse many of the causes of disease-related death. In *How Not to Die*, Dr. Michael Greger, the internationally-renowned nutrition expert, physician, and founder of NutritionFacts.org, examines the fifteen top causes of premature death in America--heart disease, various cancers, diabetes, Parkinson’s, high blood pressure, and more--and explains how nutritional and lifestyle interventions can sometimes trump prescription pills and other pharmaceutical and surgical approaches to help prevent and reverse these diseases, freeing us to live healthier lives. The simple truth is that most doctors are good at treating acute illnesses but bad at preventing chronic disease. The fifteen leading causes of death claim the lives of 1.6 million Americans annually. This doesn’t have to be the case. By following Dr. Greger’s advice, all of it backed up by strong scientific evidence, you will learn which foods to eat and which lifestyle changes to make to live longer.

History of prostate cancer in your family? Put down that glass of milk and add flaxseed to your diet whenever you can. Have high blood pressure? Hibiscus tea can work better than a leading hypertensive drug--and without the side effects. Fighting off liver disease? Drinking coffee can reduce liver inflammation. Battling breast cancer? Consuming soy is associated with prolonged survival. Worried about heart disease (the number 1 killer in the United States)? Switch to a whole-food, plant-based diet, which has been repeatedly shown not just to prevent the disease but often stop it in its tracks. In addition to showing what to eat to help treat the top fifteen causes of death, *How Not to Die* includes Dr. Greger’s Daily Dozen --a checklist of the twelve foods we should consume every day. Full of practical, actionable advice and surprising, cutting edge nutritional science, these doctor’s orders are just what we need to live longer, healthier lives.

## Book Information

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## Customer Reviews

“We strive to make the best of our lives by maintaining our physical health and mental happiness. As food is the fuel for our survival, how healthily we survive and how well we recover from illness may also depend on what we eat. Michael Greger’s *How Not to Die* suggests different preventative and curative measures for tackling ailments we are all vulnerable to. I hope that this book may help those who are susceptible to illnesses that can be prevented with proper nutrition.”

His Holiness the Dalai Lama “The primary determinant of our health and well-being is what we eat and how we live. In this extraordinary and empowering book, Dr. Michael Greger explains why. Highly recommended.”

Dean Ornish, M.D., author of *The Spectrum* and Dr. Dean Ornish’s Program for Reversing Heart Disease “The news that a plant-based diet is the healthiest way to eat is spreading. Dr. Michael Greger presents the groundbreaking science on how simple plant-based food choices help us live healthier and happier lives. Dr. Greger describes which foods to eat to prevent the leading causes of disease-related death and shows how a diet based on fruits, vegetables, tubers, whole grains, and legumes might even save your life.”

Brian Wendel, Founder and President of Forks Over Knives “Stop whatever you’re doing and buy this book. Not only does Dr. Michael Greger drop a metric f\*ckton of evidence that a plant-based diet will save your damn life, he lays out the blueprint to make it happen. Dr. Greger shows us how regular folks can eat well and not get taken down by some totally preventable bullshit.”

Thug Kitchen “A new way of looking at nutrition and health. Michael Greger shows people how to save their own lives.”

Rip Esselstyn, author of *The Engine 2 Diet* “Finally a physician has pulled together the latest scientific studies on how to fight disease and prolong life. *How Not to Die* shows how the right nutrition prevents disease and transforms our genes so we can live healthier, longer. Empowering, groundbreaking, transformative work.”

Kathy Freston, author of *Quantum Wellness* and *The Lean* “Michael Greger, M.D. scours the world’s scholarly literature on nutrition for the most interesting, groundbreaking and practical new research. His work at NutritionFacts.org and in *HOW NOT TO DIE* features the latest

science on nutrition and health to show how to treat and prevent disease." *—â€œ*Joel Fuhrman, M.D., author of *Eat to Live* "An absolute rhapsody of informational wisdom on how to achieve a life of health and longevity without disease." *—â€œ* Caldwell B. Esselstyn, Jr. M.D., author of *Prevent and Reverse Heart Disease* "How Not To Die is one of the most important books on health ever written. Dr. Greger shows us how to prevent and sometimes reverse all the major diseases that are killing us. We have the genetic potential to live disease free lives full of health and vitality until we are past 100. This book is the scientific road map we need to do exactly that." *—â€œ* John Mackey, CEO of Whole Foods Market "Absolutely the best book I've read on nutrition and diet." *—â€œ* Dan Buettner, author of *The Blue Zones Solution* "Meticulously well-documented, Greger's guidebook provides evidence on everything from the pesticide-Parkinson's connection to the role of antioxidants in breast cancer prevention. Greger also offers up friendly tips, like his favorite smoothie recipe and a turmeric tutorial. Follow his advice and you may not live forever, but you'll almost certainly live a healthier life." *—â€œ* BookPage "This book brims with valuable insights. Dr. Greger tends to rely on the gold standard of medical research: randomised controlled trials rather than the latest fads. Vegetarian or not, this book is a great way to improve your diet." *—â€œ* Financial Times

Michael Greger, MD, is a physician, author, and internationally recognized speaker on nutrition, food safety and public health issues. He runs the popular website [NutritionFacts.org](http://NutritionFacts.org), a nonprofit, science-based public service providing free daily videos and articles on the latest in nutrition research. Dr. Greger also proudly serves as the Director of Public Health and Animal Agriculture at the Humane Society of the United States.

I bought this book in January 2016, after hearing an interview with Dr. Greger on a podcast. At first I found it hard to read, but not because it was difficult or confusing, but because it was changing everything I thought I knew about food. I had lost 45 lbs already by eating "healthier." I stopped reading about 1/3 way through and then continued my "healthy lifestyle." This included lots of prepackaged "health" foods and shakes. Lots of sugar and oil too. In March of 2016 I started to get a rash on my face. Psoriasis. I've never had it before but it quickly spread to other parts of my body. By May 2016 I was miserable with my rash and still sitting at 204 lbs, despite my healthy lifestyle and consuming 1500 calories a day. I decided something must be going on in my body, why was it attacking itself? Why wouldn't my psoriasis clear up, despite the creams my doctor prescribed? I went back and started the book "How Not to Die" again in late May 2016. By Mid June I had fully

adopted his diet and now in September 2016 I will never look back. I'm down 30 more lbs, my skin is finally clearing up, and I have so much energy! This book has changed my life and my only wish is it cost less so I could buy a copy for all of my friends! Update: 7/2017 I've been eating this way for a year now and I could never go back. I'm 36 and feel better than I ever did in my 20's. I'm down over 50lbs in a year- see update pic below!

How Not to Die is a fantastic read and reference book. Fans of Dr Greger's popular website, [nutritionfacts.org](http://nutritionfacts.org), will not be disappointed. Having worked with him closely for the last 4 years, I will assure you his search for as he calls it, an evidence-based diet, trumps any ideology labels that might be tossed his way. Make no mistake about it, he is an advocate of increasing whole plant food in the diet, but he's in no way blinded by it. On more than one occasion we've exchanged new journal articles only to step back and question - do we believe this because it is true or because it is a beautiful story? He is driven to seek out the evidence no matter where that answer might lead. The book is stuffed with references (148 pages!) for the person that wants to dig deeper, but in a style that has become uniquely his, Dr Greger uses quoted language from the papers to give an unimimidating explanation of the science contained within. He has a knack for picking out key sentences and graphs that strike at the very heart of the journal article relevance. He stands almost alone in a mass media that can't seem to get past the catchy titles, abstracts, and carefully worded, often misleading conclusions. HNTD is not an academic tome or textbook. Not only does it read with ease it is pushed along with his witty examples. The first 15 chapters (how not to die from..cancers, coronary heart disease, high blood pressure, etc..) are arranged based on easy to recognize conditions and though they are related can be read completely independent from one another. The reader will get a more complete picture from the often conflicting issues of business, government and food marketing, but it's presented in a language that is anything but activist. Within each chapter there are practical examples of how to get the benefits seen in the literature into your daily routine. The book doesn't follow a chronology, so I found myself flipping through an early review copy reading small sections at a time. I often was so caught up in the section that reading would continue past what I originally had searched. I find it refreshing that he's not afraid to take on all the alternative cleanse, detox, blood type, etc... popular narratives that seem to come along with any alternative to traditional pharmacological/surgical/symptom mitigating popular approach. He doesn't give in to gluten or coconut oil just because it is popular or profitable and while some might find it frustrating, he sticks to the entire body of evidence not the latest single study. His appendix on supplements is completely on point. There is no evolutionary perfect diet and if one chooses to limit

certain elements, like animal products, there are necessary steps that should be taken to avoid issues down the road. Finally, his "Daily Dozen" is a great place to begin implementing the message of bountiful health he enjoys teaching to anyone that will listen. These chapters begin with a summary box (exercise, nuts and seeds, herbs and spices, berries, etc..) of exactly what to do and how often. These are daily habits that can get one moving in the right direction. Diet is habit not genetic and his simple steps are a great way to make new habits stick. There are a couple of good recipes (the back of the book isn't cooking - it's science references). I made Eight Check Mark Pesto when first flipping through the book. I liked his version of Dr Klaper's caesar. I am 6 years into this life experiment and I've never felt better. The standard western diet and the cyclic fad repackaging of the last century's food of affluence dominates most discussion, funded research, restaurants, and food advertising. There's more money spent than ever on wellness and yet we've never been more overweight or sick. Those contradictory facts don't lie. In spite of all the economic momentum for more profitable and popular food, each year hundreds of articles surface on the benefits of adding more plant-based nutrition to one's diet for health and Dr Michael Greger seems to find them all. For that we should all be grateful. You won't be disappointed in this book. Everyone will learn something.

As I lay on the hard, cold operating table, waiting for the anesthetic to kick in for my colonoscopy (not routine but for symptoms, which I won't bore you with) it hit me...with all the testing, anesthesiologist, doctor appointments, etc., this colonoscopy will cost the same as a cruise! For the same price that would get me a week in the Caribbean sun, lying on deck of a cruise ship drinking margaritas, listening to reggae music and watching the waves go by, I was going to get a lighted probe stuck up my butt. (I'm self employed, huge deductible, so all medical care is essentially out of my own pocket). It was too late to bolt and run for the sea...I was stuck. But I pledged right then to take better care of my health, which would not only (hopefully) free me from an early grave, but would free my wallet from the death-grip of a hospital billing department....Enter Dr. Greger. I've been listening to his website for awhile, and looked forward to the book, which did not disappoint. This book is spectacular. Very well and thoroughly researched, it touches upon the most dreaded diseases and causes of death (at least one will shock you!) and discusses how to avoid or defeat each in detail. While there are some recommendations specific to each disease, the discussion of each disease goes full circle to one strong conclusion that is at the heart of this book - a whole foods, plant based diet is the plan humans were designed to follow. The closer we stick to that, the healthier we become, and the more our bodies revert to their natural state of robust health rather

than the sickly, wimpy physiques resulting from the Standard American Diet (SAD). Our bodies were meant to be healthy, and this diet seems almost magical in its ability to cure sickness and restore us to our rightful state of long, healthy lives. The books' greatest strength is the thorough and objective research combined with Dr. Greger's ability to break complex and extensive information down into a language that even those of us artsy types who tried to dodge science in school can understand. And he spices it up with delightful humor. By the end of the book you will be amazed and actually excited to reach for the salad, whole grains, fruits, beans, nuts, seeds, and then watch nature work her magic.

Excellent, good research plus practical everyday "how to" section to eat properly, inexpensively, and easily

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How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease  
Summary of How Not to Die by Michael Greger: Discover the Foods Scientifically Proven to Prevent and Reverse Disease  
Prevent and Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition-Based Cure  
Dr. Dean Ornish's Program for Reversing Heart Disease: The Only System Scientifically Proven to Reverse Heart Disease Without Drugs or Surgery  
7 Steps to Health: Scientifically proven methods to help you stop, reverse, and even cure disease without the use of drugs, pills or surgery.  
The How Not to Die Cookbook: 100+ Recipes to Help Prevent and Reverse Disease  
Kidney Disease Solved!: The Truth About Kidney Disease And How You Can Treat It Quickly With Scientifically-Proven Natural Remedies!  
Nature's Cancer-Fighting Foods: Prevent and Reverse the Most Common Forms of Cancer Using the Proven Power of Whole Food and Self-Healing Strategies  
Nature's Cancer-Fighting Foods: Prevent and Reverse the Most Common Forms of Cancer Using the Proven Power of Whole Food and Self-Healing Strategies  
The Fatty Liver and Weight Loss Solution, Proven Natural, Safe and Non-Toxic Strategies to Reverse, Cure and Prevent Fatty Liver.  
-Fatty Liver Cure, Fatty ... Fatty Liver Disease, Fatty liver cure)  
Skinny Liver: A Proven Program to Prevent and Reverse the New Silent Epidemic  
Fatty Liver Disease Let Food Be Your Medicine: Dietary Changes Proven to Prevent and Reverse Disease  
Prevent a Second Heart Attack: 8 Foods, 8 Weeks to Reverse Heart Disease  
The End of Heart Disease: The Eat to Live Plan to Prevent and Reverse Heart Disease  
CHEAT SHEET SIMPLY for USA FOODS: CARBOHYDRATE, GLYCEMIC INDEX, GLYCEMIC LOAD FOODS Listed from LOW to HIGH + High FIBER FOODS Listed from HIGH TO LOW with OVER 375 foods BORN IN THE USA  
Whole Food: The 30 Day Whole Food Challenge

Cookbook – Whole Foods Recipes (Whole Foods - Clean Eating) Whole: The 30 Day  
Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to  
Lose Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet)  
Cure Gum Disease Naturally: Heal and Prevent Periodontal Disease and Gingivitis with Whole  
Foods The High Blood Pressure Solution: A Scientifically Proven Program for Preventing Strokes  
and Heart Disease Diabetes: The Most Effective Diabetic Superfoods To Reverse And Prevent  
Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 2 Diabetes, Reverse Diabetes)

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