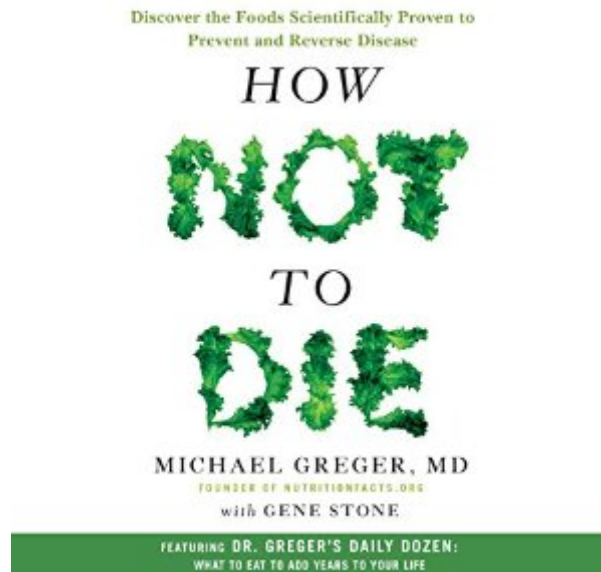


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How Not To Die: Discover The Foods Scientifically Proven To Prevent And Reverse Disease



Synopsis

From the physician behind the wildly popular website Nutrition Facts, *How Not to Die* reveals the groundbreaking scientific evidence behind the only diet that can prevent and reverse many of the causes of disease-related death. The vast majority of premature deaths can be prevented through simple changes in diet and lifestyle. In *How Not to Die*, Dr. Michael Greger, the internationally renowned nutrition expert, physician, and founder of Nutrition Facts, examines the 15 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, 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 15 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-one 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 to stop it in its tracks. In addition to showing what to eat to help treat the top 15 causes of death, *How Not to Die* includes Dr. Greger's Daily Dozen - a checklist of the 12 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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Fitness & Dieting > Diets & Weight Loss > Food Counters

Customer Reviews

How Not to Die is a fantastic read and reference book. Fans of Dr Greger's popular website, 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.

Being familiar with Dr. Michael Greger's web site and the free audio talks I knew the material would be good, but wondered about its readability. It was a pleasant surprise to find the book an enjoyable read, it does not read like typical medical literature. He finds ways to make nutritional information interesting and humors: "Want fries with That Lipitor?". And even when covering a subject I'd normally consider to be dry, like oxidative stress, he adds metaphors and keeps the subject simple and fun. Almost every page has one or more references to nutritional or medical studies, making it one of the best health oriented books in modern history. All too often health professionals are offering unsubstantiated, pseudo, outdated claims which only confuse the public. Finally we have a book which gives us the facts and the references to prove the claims. And Dr.

Greger keeps the experience impartial and professional. It gets right to the most pertinent nutritional facts early and often. For example: "The twenty-year old from the 1990s might live ten of those years with chronic disease, whereas now it's more like thirteen years with heart disease, cancer, diabetes, or a stroke." • When you sit back and consider that fact along with "our genes often account for only 10-20 percent of risk at most." ... both quotes (above) reference a study. So being ignorant or procrastinating our nutritional health is just like giving yourself a 13 year prison sentence. So we can be a prisoner in a broken-down body, or be worry free and enjoy good health in our later years. I'd consider myself to be nutritionally informed, but this book repeatedly adds new and surprising facts. For example what are some of the reasons the meat industry adds salt to its products?

I grabbed the audible edition as it is great to listen on road on commute and is a great listen!! Audio book is great for listening in car or while on a morning run. I have a hard copy too! Each chapter is less than an hour and there are over 30 chapters in the audible book. I have given list of other books at the end which will cement the ideas in this book and make you more aware if you like this book. Dr. Greger is a powerhouse of nutrition wealth. His website nutritionfacts dot org should be your homepage that you visit daily and part of your morning routine. I am glad he has brought out the book in multiple formats including audio book. We have tons of scientific papers on plant based nutrition and the miracle it can do for us. Humans are sticklers to habits and we do not want to change if we are told bad things about our habits. Hopefully this book will change you in a scientific way. I am amazed at the thousands of research articles in this area that Dr. Greger poured through for this book. This book is written by Dr. Michael Greger and Gene Stone. I cannot imagine the amount of effort it took to make a book like this. I am waiting for the book tour to see what the author has to say! This book is a detailed summary of all the research Dr. Greger has done and the videos that he has put in his website. The book has an excellent flow and a pleasure to read. My daughter has used multiple tips from his videos and for two years in a row did her middle school science experiments in the area of Phytomedicine. Her science teachers were impressed at the results and she acknowledged Dr. Greger in her reports. The book deals with 15 chronic diseases and how the plant power can HEAL/REPAIR/PREVENT them.

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