



How Not To Die: Discover the foods scientifically proven to prevent and reverse disease (English Edition)



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Michael Greger, Gene Stone

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Format: Kindle eBook

Kurzbeschreibung

The *Sunday Times* Bestseller. Why rely on drugs and surgery to cure you of life-threatening disease when the right decisions can prevent you from falling ill to begin with?

How Not To Die gives effective, scientifically-proven nutritional advice to prevent our biggest killers - heart disease, breast cancer, prostate cancer, high blood pressure, diabetes - and reveals the astounding health benefits that simple dietary choices can provide. Based on the very latest scientific research, *How Not To Die* examines each of the most common diseases, chapter by chapter, to reveal what, how and why different foods affect us and how increasing our consumption of certain foods and avoiding others can dramatically reduce our risk of falling sick and even reverse the effects of disease. With emphasis on individual family health history and acknowledging that everyone needs something different, Dr Michael Greger offers practical dietary advice to help you make valuable decisions about your diet in order to live a longer, healthier lives. Pressestimmen

Dr Michael Greger reveals the foods that will help you live longer (*Daily Mail*)

This book brims with valuable insights ... Vegetarian or not, this book is a great way to improve your diet (*Financial Times*)

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)

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, MD, 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 (Joel Furhman, author of *Eat to Live*) Werbetext

Simple nutritional advice for beating the most common diseases and living longer.

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