

How Not To Die Discover The Foods Scientifically Proven To Prevent And Reverse Disease By Gene Stone

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"Pressestimmen 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. Buchrückseite From the internationally renowned physician behind the hugely popular website NutritionFacts.org, 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. In How Not to Die, Dr Michael Greger examines the top causes of premature death - heart disease, various cancers, diabetes and many 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. By following Dr Greger's advice, you will learn which foods to eat and which lifestyle changes to make in order to live longer. Do you have a history of prostate cancer in your family? Put down that glass of milk and add flaxseed to your diet whenever you can. High blood pressure? Hibiscus tea can work better than a leading hypertensive drug - and without the side effects. Worried about heart disease? 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. 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. '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 Über den Autor und weitere Mitwirkende Michael Greger, MD, is a physician, bestselling author, and internationally recognized speaker on nutrition, food safety and public health issues. He runs the popular website NutritionFacts, 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."

How not to die discover the foods scientifically proven to prevent and reverse disease 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

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In how not to die dr greger s daily dozen provides a simple checklist to improve your diet and help ward off disease 12 is his magic number for the practical tips he provides he even includes portions of fruit vegetables spices pulses and exercise guidelines

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The how not to die discover the foods scientifically proven to prevent and reverse disease book will truly change your life not joking not joking dr greger has dedicated his career to providing accurate medical information that will enable freedom and true happiness health

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Switch to a whole food plant based diet which has been repeatedly shown not just to help prevent the disease but arrest and even reverse it in addition to showing what to eat to help prevent the top 15 causes of death how not to die includes dr greger s daily dozen a checklist of the foods we should try to consume every day full of

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