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Internationally-renowned nutrition expert, physician, and founder of Nutritionfacts.org. Author of the mega-bestselling How Not to Die, Dr. Greger now turns his attention to the latest research on the leading causes—and remedies—of obesity. Dr. Greger hones in on the optimal criteria to enable weight loss while considering how these foods actually affect our health and longevity.

[How Not to Diet | NutritionFacts.org](#)

His book, How Not to Die, is a 562-page user 's guide for thwarting our biggest and most preventable killers. His weapon of choice? The same one that saved his grandmother: a whole-food, plant-based...

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How Not to Die by Dr. Michael Greger: A Critical Review

Book Review. How Not To Die – by Dr Greger - The Health Sciences Academy We thought it ' d be fun to review a book (in this case How Not To Die) and highlight the kinds of things we noticed that perhaps most readers are

Book Review. How Not To Die – by Dr Greger - The Health ...

His latest book, How Not to Die, is arguably the best guide ever written if you want to live a longer, better life. “ Our diet is the No. 1 cause of premature death

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and disability,” he writes, and then goes on to reveal the “Daily Dozen,” foods that will add years to your life. How Not to Die dovetails perfectly with Blue Zones.

How Not to Die: 9 Questions for Michael Greger, MD - Blue ...

Michael Greger, M.D., author of "How Not To Die," says all plant foods aren't created equal. Here, 6 foods to eat every day for a longer, healthier life. Eating practically nothing but potatoes would, by definition, be a whole-food, plant-based diet—but not a very healthy one.

6 Foods To Eat Every Day For A Long Life

This is particularly common when there is a problem,

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Reverse Disease such as not achieving a goal or being cheated in love or when one is tortured by some disease. The question then becomes whether there is actually any way to die that are truly painless. The reality is that you won ' t find any painless way to die.

Are There Any Ways to Die Painlessly? - EnkiVeryWell

After seeing so many preventable deaths in the morgue, Dr. G has developed a set of basic instructions for how not to die. Her advice is simple, but it can have a profound effect on your longevity. Here are her words to live by. Advertisement

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Top 10 Lessons on How Not to Die | HowStuffWorks

How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease - Kindle edition by Greger MD, Michael, Stone, Gene. Health, Fitness & Dieting Kindle eBooks @ Amazon.com.

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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

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and lifestyle interventions can sometimes trump prescription pills and other pharmaceutical and surgical approaches, freeing us to live healthier lives.

[How Not to Die \(Book\) - Vegan Books - Your Daily Vegan](#)

How Not To Die. Stand out medical advice with compelling stories of survival from a range of life threatening situations. Would you know what to do to save someone ' s life?

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Dr. Greger visited Google NYC to discuss his new book - How Not to Die. The vast majority of premature

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going on a big night out. They contacted a...

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