



## Summary of How Not to Die by Michael Greger M.D.: Conversation Starters (Paperback)

By Bookhabits

Blurb, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. How Not to Die by Michael Greger M.D.: Conversation Starters When he was a boy, Dr. Michael Greger saw his grandmother recover from an end-stage heart disease. Her doctors could not do anything about her anymore, but when she changed her diet and lifestyle as a last recourse, she gained back her life and lived for almost three more decades. Today, Greger advocates the use of food as medicine, claiming that Americans major cause of death is their faulty diet. How Not to Die gives a comprehensive guide to living healthy and with longevity. It is a well-researched and well-documented book about diseases and how food can heal, reverse or prevent them. It is also a practical guide to eating the right foods and creating a healthy lifestyle. This New York Times bestseller is endorsed by His Holiness the Dalai Lama and praised by health and nutrition advocates including Dean Ornish. It is the book that empowers us to take charge of our lives. A Brief Look Inside: EVERY GOOD BOOK CONTAINS A WORLD FAR DEEPER than the surface of its pages. The characters and...



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