



How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease (Main Market Ed.)

By Michael Greger, Gene Stone

Pan Macmillan. Paperback. Book Condition: new. BRAND NEW, How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease (Main Market Ed.), Michael Greger, Gene Stone, 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.



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