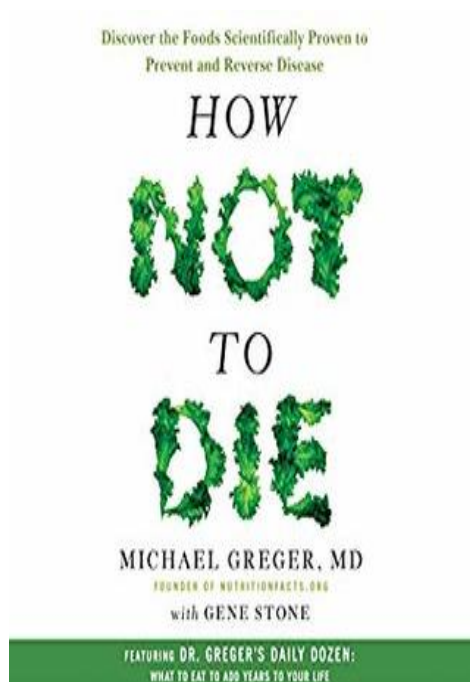


Read ebook How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease

By Michael Greger



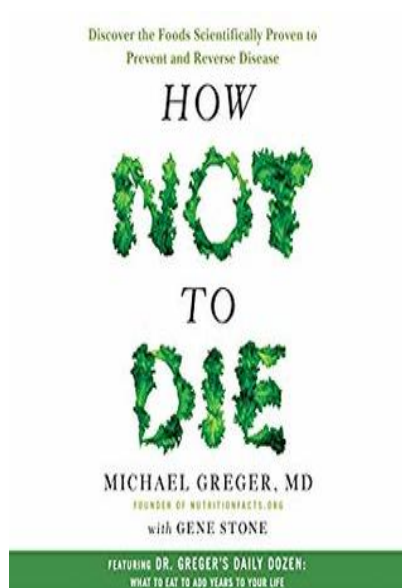
Books Details

Author : Michael Greger Pages : pages Publisher : Macmillan
Audio Language : eng ISBN-10 : B016CME5B4 ISBN-13 :

Books Descriptions

From the physician behind the wildly 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. The vast majority of premature deaths can be prevented through simple changes in diet and lifestyle. 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 and lifestyle interventions can sometimes trump prescription pills and other pharmaceutical and surgical approaches, freeing us to live healthier lives. The simple truth is that most doctors are good at treating acute illnesses but bad at preventing chronic disease. The fifteen leading causes of death claim the lives of 1.6 million Americans annually.

You Can Get This Books By Click Link/Button In Below .



/

<https://includger.com/?book=B016CME5B4>