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How Not to Die by Michael Greger MD: Food list â€œ foods to ...-

Fri, 15 Jun 2018 17:05:00 GMT - In How Not to Die, Dr. Michael Greger, the internationally-recognized lecturer, physician, and founder of NutritionFacts.org, examines the fifteen top causes of death in Americaâ€™ heart disease, various cancers, diabetes, Parkinsonâ€™s, high blood pressure, and moreâ€™ and explains how nutritional and lifestyle interventions can sometimes trump prescription pills and other pharmaceutical and surgical approaches, freeing us to live healthier lives.

HOW NOT TO DIE, an instant New York Times Best Seller ... -

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Thu, 28 Aug 2008 02:58:00 GMT - the first section of How Not to Die are heavy with facts and statistics, yet effective in conveying to the reader the health benefits of a plant-based diet.

BOOK REVIEW How Not to Die - TuftScope -

Sat, 09 Jun 2018 16:36:00 GMT - 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.

Top 10 Lessons on How Not to Die | HowStuffWorks -

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