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Jump to ratings and reviewsNew York Times Bestseller"This book may help those who are susceptible to illnesses that can be prevented."His Holiness the Dalai Lama"Absolutely the best book I've read on nutrition and diet" Dan Buettner, author of The Blue Zones SolutionFrom the physician behind the wildly popular NutritionFacts website, 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, 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. This doesn't have to be the case. By following Dr. Greger's advice, all of it backed up by strong scientific evidence, you will learn which foods to eat
and which lifestyle changes to make to live longer. History of prostate cancer in your family? Put down that glass of milk and add flaxseed to your diet whenever you can. Have high blood pressure? Hibiscus tea can work better than a leading hypertensive drug-and without the side effects. Fighting off liver disease? Drinking coffee can reduce liver
inflammation. Battling breast cancer? Consuming soy is associated with prolonged survival. Worried about heart disease (the number 1 killer in the United States)? Switch to a whole-food, plant-based diet, which has been repeatedly shown not just to prevent the disease but often stop it in its tracks. In addition to showing what to eat to help treat the
top fifteen causes of death, How Not to Die includes Dr. Greger's Daily Dozen -a checklist of the twelve foods we should consume every day. Full of practical, actionable advice and surprising, cutting edge nutritional science, these doctor's orders are just what we need to live longer, healthier lives. Genres Health Nonfiction Nutrition Science Food Self
HelpAudiobook 20362 people are currently reading 93183 people want to readDr. Greger is a physician, New York Times Best-Selling author, and internationally recognized speaker on nutrition, food safety, and public health issues. A graduate of the Cornell University School of Agriculture and the Tufts University School of Medicine, Dr. Greger is
licensed as a general practitioner specializing in clinical nutrition. He is a founding member and Fellow of the American College of Lifestyle Medicine. He was honored with the ACLM Lifestyle Medicine Medicine Medicine. He was honored with the ACLM Lifestyle Medicine Medici
Cookbook, How Not to Diet, and How Not to Diet, and
Twin Experiment, and served as an advisor for The Game Changers. He has testified before the U.S. Congress and was an expert witness in defense of Oprah Winfrey in the infamous meat defamation trial. He often speaks at engagements across the United States and abroad, and has delivered presentations at TEDx, Google, The World Bank, and the
Conference on World Affairs. He has been featured on countless media outlets to deliver life-saving nutrition research to the public. See more on our Press page. Displaying 1 - 30 of 4,718 reviewsFebruary 12, 2017This is an amazing book. I am completely blown over by it. Let me explain. This book is divided into three main parts. In the first part,
there are 15 chapters, one for each of the major afflictions that cause people to die. In each of the chapters, or cure the disease or affliction, and then describes the foods that have been found to reduce the risk, prevent, reverse, or cure the disease. The second part of the book devotes chapters to a number of healthy food groups. Dr.
Greger explains which chemicals, elements, enzymes, or anti-oxidants are particularly useful for preventing or curing a disease. In each of the book, it seems like every other sentence has a reference to a scientific paper that describes the research and evidence for Dr. Greger's statements. The last third of the book is a listing of
all of the references. You cannot fault Dr. Greger for his conclusions, since they are backed up by a tremendous amount of research. Dr. Greger's nutrition recommendation is to eat only whole, plant-based foods. It reduces the risk of all of the top 15 causes of death in the U.S. I wholeheartedly recommend this book to anyone who wants to improve
his/her nutrition and health. This is the best book on nutrition that I have ever read (and I have ever read (
opposed a California bill to mandate twelve hours of nutrition education for all doctors. In debate, it was whittled down to zero hours. It is believed that the decrease in the length of telomeres in one's chromosomes causes aging. Dr. Greger presents evidence that a healthy lifestyle can increase telomerase activity, and actually grow telomeres in
length. It is the quality of food that counts, not quantity. What is a healthy lifestyle? One that tries to emphasize a single chemical or nutrients that have proven health benefits--but only when eaten in a whole food, not when isolated in a pill. As
an example, antioxidant supplements do not reduce the risk of cancer, but antioxidants found in mustard. It may have remarkable anti-cancer properties. But double-blind studies have not been done; nobody wants to pay for something that cannot be patented. It is
true, though, that India suffers much less colorectal cancer, kidney, lung, bladder, and prostate cancer, and melanoma. But the question is whether this is due to turmeric, or that only 7% of the population eats meat regularly? I did not realize that in some respects, poultry is more unhealthy than meat. Eating poultry raises the risk of pancreatic cancer
more than red meat! Vegetarians get higher intakes of almost every nutrient calories are not equal, perhaps because vegetarians have a higher resting metabolic rate. Many diabetics can reverse their disease after eating a plant-based diet for
sixteen days. They do not have to lose weight or reduce calorie consumption. The difficile superbug infects 250,000 Americans yearly, killing thousands. It used to be thought that it was picked up in hospitals. However, only one third of cases are linked to infected patients. It might instead be due to infected meat. About 42% of meats sold in national
chain grocery stores is infected. The U.S. has the highest levels in the world. It is also found in chicken, turkey, and beef, but the highest concentration is in pork. Usually, the difficile bug does not bother people; it lies in the gut without causing harm. But antibiotics can unleash it, and it is deadly. It can survive two hours of cooking at 71 degrees C
(the recommended cooking temperature). Hand sanitizers do not help. Antibiotics are found in the urine of meat eaters, even when they have not been taking them. Agribusiness feeds enormous quantities of antibiotics to farm animals. High blood pressure is one of the afflictions that Dr. Greger describes. The so-called DASH diet (Dietary Approaches
to Stop Hypertension) was designed specifically to lower blood pressure. It is mostly vegetarian, but allows some meat, in order to make the diet more palatable to non-vegetarians. Dr. Greger mentions that eating a few tablespoons per day of flax seeds induces a very potent blood pressure lowering effect. While moderate drinking can reduce the risk
of heart disease, it can also increase the risk of cancer!Dr. Greger has some interesting views on reducing the risk of breast cancer. One could put curtains on your windows to sleep in a dark room. This increases the production of melatonin. Also, he recommends eating more vegetables, cutting out meat, and exercising enough to work up a sweat at
least five times per week. Depression is one of the afflictions that are discussed. Coffee reduces depression, but artificial sweeteners increase it! Exercise reduces depression. But they only have this effect when eaten in whole foods, not in
supplements. Anti-depressant medicines often work due to a placebo effect. Unpublished studies are combined, there was no clinically significant advantage over placebo sugar pills. The FDA knew this, but shielded the
public and physicians from this information. This does not mean that medicines do not work at all. They actually do help the 10% most severely depressed patients. The problem is for the 90% of patients who take pills that don't work, but can have bad side-effects. "Natural antioxidants in food work synergistically; it's the combination of many different
compounds working together that tends to protect you, not high doses of single antioxidants found in supplements." For example, a study found that pilots taking more than 500 mg of vitamin C and vegetables were protected from
radiation-caused DNA damage. Supplement and drug companies fall into the same reductionist trap. They believe that you can isolate a single active ingredients. For example, turmeric may work better than the "active ingredient" curcumin. Research suggests that
turmeric works better against a number of cancers than curcumin. By the way, a little black pepper helps you to absorb turmeric may have better anti-inflammatory effects. Dr. Greger recommends 1/4 teaspoon of turmeric daily. An over-confidence in pills and procedures for
disease prevention could be the reason why doctors and patients under-value lifestyle interventions. People rely on drugs to save them. But, studies show that most people would not take these drugs if they understood how little benefit comes from them. In transforming one's lifestyle to a whole, plant-based diet, Dr. Greger urges patients not to go
cold turkey permanently. Dr. Greger suggests that patients think of a three-week lifestyle experiment. This is exactly the approach recommended by Dr. Neil Barnard, in his excellent book, 21-Day Weight Loss Kickstart: Boost Metabolism, Lower Cholesterol, and Dramatically Improve Your Health. This is another book that I highly recommend. The
largest-ever analysis of death and disease was funded by the Bill and Melinda Gates Foundation. Hundreds of scientists concluded in 2010 that the leading cause of death and disease was funded by the Bill and Melinda Gates Foundation. Hundreds of scientists concluded in 2010 that the leading cause of death and disease was funded by the Bill and Melinda Gates Foundation. Hundreds of scientists concluded in 2010 that the leading cause of death and disease was funded by the Bill and Melinda Gates Foundation.
juice increases the risk. Sulfurophane, a compound found only in fresh cruciferous vegetables, has been found to help treat autism! An eighth of a teaspoon of powdered ginger mixed with water works as well as, and as fast as sumatripan (Imitrex) for relieving migraine headaches. Ginger also beats Dramamine for relieving nausea. Smoked, fatty foods
are carcinogeric (smoked ham, turkey, BBQ chicken, smoked fish). The book has a very interesting discussion about gluten. Dr. Greger claims that non-celiac gluten sensitivity might actually be a wheat sensitivity might actually be a wheat sensitivity might actually be a wheat sensitivity. The other 98% of the population are
not affected by wheat. A gluten-free diet can actually worsen gut health for people without a sensitivity, due to the overgrowth of harmful bacteria in their intestines. Gluten contains prebiotics that feed "good" bacteria, and may boost immune function. Blueberries and cherries can reduce exercise-induced inflammation which may transfer into faster
recovery time. Strenuous exercise leads to free radicals that cause DNA damage. Plant foods reduce the free radicals and counter exercise-induced oxidative stress.health medicine nonfiction March 24, 2018This book has me torn. It contains so much good... and yet, it has so many problems. It's an important read for everyone... but also misleading.
Overall, I learned a lot from it... but also ended up more confused than ever. Let me break it down. The general recommendation is spot on. Just about everyone should eat more veggies, fruits, nuts, seeds, and whole grains and less processed foods and animal products. This isn't exactly a controversial claim. For the most part, this book
does a good job of covering the vast amount of research backing the health benefits of fruits & veggies (though see below for some of the issues with the research). * Many of the leading causes of death in the US are a choice. Wou can
dramatically reduce your chance of death from these diseases by choosing a different diet and lifestyle. One of my favorite lines from the book: "I dont mind dying. But I dont want it to be my fault."* The author, Michael Greger, says all the proceed from the book will go to charity, his website (nutritionfacts.org) is a donation-driven nonprofit, and he
doesn't offer any products (in fact, his main recommendation is to avoid any products and just eat whole, natural food!). Unlike many other authors of diet books, it doesn't seem like Greger is trying to sell anything here.* Greger makes a strong case in the book that the contents of your fridge are far more important to your health than the contents of
your medicine cabinet. Most supplements and magic pills don't work, are expensive, and have nosty side effects. Whole, natural foods have powerful beneficial effects, don't cost much, and have only positive side effects. If drug companies could create a pill that reduces your risk of death by 10% and only had positive side effects, they'd make billions;
with lots of additives to increase the chicken's weight, and it turns out those additives (e.g., phosphates) can have serious negative health consequences. - There is such a thing as "3rd hand smoke" (i.e., the smoke that stays in the walls, carpets, etc.) and it also has negative health consequences. Smoking in any indoor area is not safe. - One theory of
aging is that oxidation is damaging our DNA. We are literally rusting!* Doctors in the US receive very little or no nutritional training. Worse yet, they are paid for performing more procedures and prescribing medication, but make no extra money for recommending diet and exercises. This creates a horrible conflict of interest.* There are even bigger
conflicts of interest with the governmental agencies in the US that make recommendations around food and health (e.g., the FDA). Many of these organizations take in huge amounts of money from corporations (e.g., from Coke and Pepsi) and ignore scientific findings when making recommendations. Greger's argument is that we should show people
the science and let them decide, rather than making (biased) recommendations. The bad: * Although Greger tries to dance around it, his ultimate recommendation is that everyone should become a vegan. He says he doesn't subscribe to any diet "ism," and instead is merely recommendation is that everyone should become a vegan. He says he doesn't subscribe to any diet "ism," and instead is merely recommendation is that everyone should become a vegan. He says he doesn't subscribe to any diet "ism," and instead is merely recommendation is that everyone should become a vegan. He says he doesn't subscribe to any diet "ism," and instead is merely recommendation is that everyone should become a vegan. He says he doesn't subscribe to any diet "ism," and instead is merely recommendation is that everyone should become a vegan. He says he doesn't subscribe to any diet "ism," and instead is merely recommendation is that everyone should become a vegan. He says he doesn't subscribe to any diet "ism," and instead is merely recommendation is that everyone should become a vegan. He says he doesn't subscribe to any diet "ism," and instead is merely recommendation is that everyone should be come a vegan. He says he doesn't subscribe to any diet "ism," and instead is merely recommendation is that everyone should be come a vegan. He says he doesn't subscribe to any diet "ism," and instead is merely recommendation is that everyone should be come a vegan.
categorizes ALL meat and animal products as "red light" foods which should be *completely* avoided. Do the math, and you end up with veganism. Why is he avoiding that term? Perhaps it's because veganism has been studied quite a bit. Some of the findings are good and some are not. One of the downsides, for example, is that almost all vegans
about how supplements don't work, but the very diet he recommends doesn't work without supplements!* Greger often praises "traditional diets" of Japan, India, China, etc and argues that those diets are responsible for the lower incidences of many diseases in those countries. However, most of the people in these countries are NOT vegans. Some eat
meat; some eat fish; some eat animal products such as milk. Sure, those cultures probably eat more plant-based foods too, but their diets are still very different than what Greger mentions frequently how the US gov should just "show us the science and let us decide." And yet, Greger himself doesn't do that. He shows us *some at animal products such as milk. Sure, those cultures probably eat more plant-based foods too, but their diets are still very different than what Greger mentions frequently how the US gov should just "show us the science and let us decide." And yet, Greger himself doesn't do that. He shows us *some at animal products such as milk.
of the science, but it turns out his data is VERY heavily cherry picked. In other words, it's not that he's lying (though the interpretation of some of the studies is definitely questionable), but many recent studies have shown compelling evidence that
these are not as bad for you as we used to think. Greger's recommendations around Omega 3 fatty acids, fish, fat, impact of vegetarianism/veganism on health, soy, and many other topics are questionable, at best. There's a great overview of some of the cherry picking here: The fact that the research was so cherry picked is what frustrates me the
most about this book. Surely Greger and his team know of the MANY studies that contradictory studies are in some way invalid, why not say so? The book would've been so much stronger if he had taken on these counterpoints head on.
Instead, they are completely missing, and I'm now left to try to figure out who to believe. I'm not a nutrition expert, so how should I know if Michael Greger seems a little too eager to recommend things, even those with relatively little research about
them, saying "why not try it?" Why not? Because (a) it could have unintended side effects (e.g., Americans who started eating less fat ended up eating more refined carbs, which may be worse) and (b) making lifestyle changes is hard and we shouldn't waste our time and energy on things that might not work. Conclusion: Overall, this book is worth
reading. There's no doubt it'll make you reconsider some of your dietary habits. I'm already trying to get more veggies, berries, and beans into my diet. But if you take the time to research things yourself, you find that the story is not nearly as simple as Dr. Greger makes it out to be. In part, this is because the food industry intentionally funds bogus
studies that confuse the issue. But in part, it's because the human body is complicated, and the state of food science and research today is still quite primitive. At the end of the day, the most reasonable advice to me seems to be that of Michael Pollan: Eat food. Not too much. Mostly plants. April 28, 2020 If you listen to but one book recommendation
give, then listen to this one: it could save your life. Im a vegan, its only natural that I would have a bias opinion towards books that promote a healthy vegan lifestyle and I can openly admit that. However, this book was not written by a medical professional who has spent his life researching the benefits of a
wheel chair, she was sent home to die because there was nothing else doctors could do for her. She stumbled across some whack-miracle cure she saw on television, and out of desperation she tried it. It worked. She lived for another thirty-one years. That cure was a plant-based diet. The majority of western doctors are inept at addressing the causes
of disease. Most deaths in the united states are preventable, and they are related to what we eat. Our diet is the number-one cause of premature death and the number-one cause of disability. Surely, diet must also be the number-one cause of premature death and the number-one cause of premature death and the number-one cause of disability.
inevitable, but what about the causes? Surely it would be more prudent to erase the causes of the diseases first rather than attempting to deal with the aftermath? They pump their patients full of pills and medicines year after year. They alleviate the immediate problems, though do absolutely nothing to treat the actual causes of the issue. So patients
come wondering back for stronger doses and more extreme treatments, and continue to persist in the behaviour (their terrible diets) that caused their problems in the first place. And this goes on and on until they fall into an early grave. So why arent Doctors receive
a minimum of ten hours tuition on nutrition during their training. Thats it. The treatments they prescribe treat the immediate problem but do not address the real causes. The majority of them dont look at the research that promotes healthy living and ascribe such diseases to genetic factors which is very inaccurate. Some even ignore diet as a risk
factor altogether. I mean think about, people say cancer and heart disease runs in families but dont diets run in families b
taste good, though they are quite literally destroying our bodies ever so slowly. It amazes me how shocked people are when their relatives get cancer (or they themselves do). Why has it happened to me? They might ask. Nine times out of ten people cause their own diseases and cancers because of the way in which they live
Its a hard truth I know, but its also real. A lifetime of eating meat and dairy is more dangerous than smoking. Prostate cancer, bowl cancer, breast cancer, beart disease, stokes and diabetes: it all harkens back to what we eat. The more shit we put in our bodies, the more things go wrong. Its simple really. No doubt someone reading this might say,
what about children who die of cancer? And what about that really healthy person I knew who got cancer and died anyway? The point is its all about risk. And eating a bad diet puts you firmly in the high risk category. Its just how these things work. Why take
chances? I want to live for a long time. This book brings together decades worth of research to the table. And there is a huge wealth of it that is ignored by so many. I implore you to read. If you followed it, it may prevent yourself from having to seek treatment for a nasty disease you could have avoided. Life is precious: its all we have. Why risk years
                                                                                                                                                       5-star-reads non-fiction veganism-and-vegetarianismJanuary 27, 2020Its tragic funny that humans are unable to associate the things they eat with the fatal problems the consumption causes up and down the whole
spectrum, from immediate, small damage that accumulates over years to terminal illnesses. Ive been one of those until realization and insight kicked in and I did a 180 to a kind of extreme permanent clean eating, natural, organic, no sugar, fat, etc. lifestyle. Certain foods are no nourishments, they are drugs and the similarities are evident. A short
high, followed by a craving for more, permanent increase of the dose, loss of interest in any other food until to completely losing control over eating habits, weight, health and life that is primarily focused on what to eat when and as much as possible. As an illustration: Three people, three ways of eating. Extremely unhealthy with the most unnatural,
fat, artificial, industrial food in the right corner and the vegan bereater in the left corner (dont allege that I am hiding any subliminal political statements in this review, its just about the food, so back to the topic.) Between the intolerant eater of just some kinds of fast foods and other junk who doesn't care or think about her (yes, I was shocked
too)/himself, the world and science and the elflike, progressive warrior for a better world is the place where most of us are standing right now, so which way to choose? Or compare industrial food with natural substances, be it on the biochemical, physiological or neurological level. Highly processed stuff loses all of its healthy contents and is filled with
tens of thousands of different artificial chemicals instead while the clean eater eats what was normal for millions of years. The epigenetic, genetic and brain chemistrytic consequences could get nasty. Dr. Greger does an unbelievable job in first showing how most dangers can be avoided by eating against certain diseases, what is especially interesting
if someone has a genetic predisposition for certain health problems, and describes the best general nom nom compendium for staying fit in both body and membrane. Who doesn't listen to doctors and health specialists pays the bill and instead of researching for cures for genetic or not nutrition-related diseases, physicians waste their time in curing
unnecessary illnesses with huge amounts of pills and drugs that wouldnt have to be described to finally add their patients to a pile of corpses those quantity no one can reliably guess. But it might grow exponentially with the spread of the obesity epidemic and American lifestyle to the rest of the world when states are becoming wealthier. Some say
that Greger is biased towards vegetarianism and the question arising in my head when confronted with such opinions is what the problems of meat-eating, overconsuming, overweight, general ignorant people is, it even cant be envy because of the far longer lives of conscious eaters, because they are too narrow-minded to even realize
what they are doing to themselves and the planet. The only left option fort hem is to troll hate sh**storm as much as possible out of a primitive reflex to be against anything progressive that could help them not to die young and very sick. People seem to transfer their not see, not hear, not say mentality from politics and faith even to their eating habits.
and start crusades against anything alien and unaccustomed, its so weird. Friends often tell me that they try to help their elder relatives, especially the manly (why are it always the men who are bonkers... I like having the gender-related N-word privilege) uncles, fathers, and grandfathers and get reactions between condescension and strong
reluctance towards the bearer and resign in most cases, probably someday, rather earlier than later, culminating in a dialogue like this: "He died." How ineluctable and not completely senseless. "Before there may be the vicious cycle of not exercising, taking many prescription drugs after getting sick from the junk food, taking useless artificial vitamin
pills, antioxidants, miracle multi-component pills and stuff instead of eating fresh foods, not having the discipline to make a diet or gain weight after one,...And before the tragedy:"I dont believe in those "telomeres", they are just another fake news, conspiracy theory stuff like this climate change thing. "Its quite similar to a stubborn, spoiled and
petulant kid, they are virtually adult kids whose parents didnt give them the skills to finish the deviant phase. How should I put this mildly... We are, in many cases, eating ourselves to an early, unnecessary death while giving vast amounts of money to the dealers of doom who cook those nasty, potentially always, last meals. No calory bomb, but a
explosion of knowledge about how to stay as healthy as long as possible with the side effect of as less environmental impact as possible, because by avoiding or completely banning meat, just eating natural, not industrially processed foods and, gosh, eating less, the environmental footprint goes down just as the body weight and the possibility of an
early encounter with the grim reaper. A short look on how I eat, because people tend to ask this question before asking why I am macerating myself until a level close to torture (I dont feel so(anymore;)) with this sick ascetic overkill. Ive added the same list to the review of Mosley Michaels great book about intermittent fasting and will put it in
Gregers "How not to diet" as soon as Ive finished reading it. The Fast Diet: The Simple Secret of Intermittent Fasting: Lose Weight, Stay Healthy, Live LongerHow Not to Diet: The Groundbreaking Science of Healthy, Permanent Weight LossBefore this epiphany I had 3 meals a day and lets say, I didnt really care about what I ate. Silent whispering in
the background: "You were fat!" "Shut the heck up!" That changed too, but to describe my eating habits in detail, why and how they evolved would go too far and Goodreads has this limit on how long reviews can be and I am already talking far too much about myself. I changed to this schedule:6 am: carbohydrates, protein, milk products, nuts, dried
fruits, seeds, wholemeal cereal. No bread, rolls,...12 pm: carbohydrates like noodles, pure flour,... just the fresh, natural form as rice, potatoes, durum,...until 4 pm: just fruits, whey, natural sport dietary supplements, hemp protein, soja
protein, etc.In general, I am some calories below the daily intake I should have with exercise, ergo and bodyweight training and am hungry in the morning, short before lunch and from 7 pm until I go to sleep and sometimes I am completely nuts or, better said, even more than usual, and eat close to nothing for one or two days. Jay, doesnt that sound
 funny? But the thing is, the rare times I eat more than usual or substandard junk, probably accompanied by those two demons alcohol and social contac..., I mean conventions, I feel dumber and sicker than after a day of just veggie, fruits, tea, and water. The greatest advantage is the saving of time that comes with clean and lesser eating, because all
that chewing around is reduced to the necessary minimum and one can choose from a few hundred fresh ingredients that can be eaten cold, or cooked, or prepared and portioned for cooking and frozen, or cooked and frozen. Trying out new recipes, searching for new, interesting herbs, veggies, seeds,... and combining them is the alternative to keep
searching for the latest poison in the supermarket, those assortment has become mostly uninteresting, what saves enormous amounts of time, because just the fresh, mostly organic stuff is bought there and the rest online, automated and (hidden commercial alert) subscribed. You see, just as with general shopaholism, there is hardly any stuff in a
megafoodstore that one really needs, except of wasting time, money, and losing a few years of life by the way. A wiki walk can be as refreshing to the mind as a walk through nature in this completely overrated real-life outside books: //en.wikipedia.org/wiki/Plant-b... //en.wikipedia.org/wiki/Vegetar... //en.wikipedia.org/wiki/Calorie.
//en.wikipedia.org/wiki/Fasting0-mental-strength greger-michaelDecember 31, 2015This is the most comprehensive book on health and nutrition that I've read. Written in a way that's easy to understand for those new to the subject, but also substantive enough that those very familiar with health and nutrition will learn a great deal of new information
If you're still eating the standard American diet, or if you've been mislead by one of the many fad diets out there (or food industry obfuscation), read this book to learn how to eat healthy, avoid disease, feel your best, and maximize longevity. Highly recommended!December 15, 2015A book written by the man that tells us one egg a week can give you
diabetes. His webpage nutritionfacts.org is interesting in that like his book and science this doctor has the answer and orders his facts along to meet with his preferred answer Just a note to be wary if new to this man. Vegan facts are not facts as science views them. Vegan facts are religious like in their fervor promoting ONLY their cause. Everything
the religion of veganism hates just happens to be cancerous. Funny that: ). I see the Christians saying the same thing about getting jesus or being tortured forever in burning fire. There is little difference between the two belief systems & nothing gained from arguing with the faithful, they are deaf to science. If your God hates every single tiny thing
you do chances are you invented your god yourself. Veganism loves the terms of cure and reversal of major diseases. Seems to me a healthy diet and reducing body mass is the actual and only reason their fad diet works. But like every fad diet they love their marketing. Vegan science is NOT science, it is a cause wrapped in subterfuge/misdirection
and a heck load of religious like belief. Enough of the cons, lets look at the prosThe vegan diet is healthy and I find it the laziest way I know to stay healthy. You can do exactly the same thing on any healthy diet, this one just
happens to suit me. SUMMARY .. take the book for what it is, dont take it seriously because there is a MD in front of the authors name. look up QuackWatch pages. Or just believe because its easier. Or just view it as a healthy diet. April 5, 2019I'm going to start off this review by qualifying the perspective from which I read the book. I have a
longstanding passion in all things health and fitness that started at the age of 10, when as a chunky child, I decided I wanted to be healthy. Joining my first gym at 13, it wasn't long until I started teaching group fitness. A Bachelors in Nutritional Sciences seemed like the next logical step. But it didn't end there. While continuing to branch out by
teaching every mode of group fitness I could find, I pursued and obtained a Professional Master in Physical Therapy. Since then I have completed over a half-dozen fitness certifications, taught every fitness class you can imagine, counseled tons of patients and clients, and earned hundreds if not approaching a thousand hours of professional
continuing education that include anything from the therapeutic applications of yoga to vegan nutrition to the strengths and pitfalls of alternative medicine. I also teach a personal training certificate in sports nutrition. Most importantly I walk the walk.
exercise daily, eat clean, and continue to seek out knowledge with an open mind, always ready to adjust my views. I read, I study, I teach, I practice, I preach...I breath fitness and nutrition on a regular basis. This being the case, I am always reluctant to read a nutrition book written by a MD, or better yet, a journalist who decides he's going to reveal
the true secret to eating healthy. But How Not to Die was written by Dr. Michael Greger, who also happens to be the founder of a site that I have been following for a couple years-it's called nutritionfacts.org. Impressed by the site mainly because it generally offers a balanced message that uses research rather than emotion to support its message, I
was interested in reading his book. If I could recommend one book on nutrition, I seriously think this might be it, and here's why:1. The book is basically about empowering people to take control of their health. The ole "Let Food Be Thy Medicine" philosophy. Dr. Greger does a decent job of acknowledging both the strengths and weakness of our
current approach to disease. He makes a strong argument against prescribing drugs for lifestyle related diseases, at least as a first line of defense. Most importantly, he tries to use science as a basis for his views. His main emphasis is on eating more plant-based foods, particularly fruits, veggies, beans, nuts, seeds, herbs, spices...etc, while limiting
quality (or whole) animal products, and avoiding processed or low quality animal products all together. I subscribe to several journals, but never have I seen so many studies put into a useful context. That said, his own biases toward a vegan (or animal-free diet) are hard to miss
Still, it's a pretty amazing feat, biases aside. And though I might feel he was a little hard on animal products (all animal products) as a group, I do think he makes some valid points about the food industry and their ability to influence policy and suppress research that doesn't jive with their bottom line. I wished he would have taken more time to make
a distinction between different quality animal sources. I mean, there is a big difference between the venison I use in my favorite black bean chili and the industrially farm raised, overly medicated animals (anti-biotics) that provide meat at most local grocery store chains, or worse, our local fast food joint. 3. If he seems a little "radical" in
the first half of the book, he makes up for it in part two, where he puts the "perfect" diet into context, by first acknowledging there is no one perfect diet. Foods aren't necessarily good or bad, though some are better for you than others. His recommendations are not only consistent with everything I've learned over years, they're reasonable and thus
doable. From organic vs non-organic, to gluten-free vs. non-gluten-free, to use supplements or not use supplements or not to use supplements or not use s
so many fads come and go and have seen too many scientific studies taken out of context and used to promote some extreme eating philosophy. It's nice to read a book where both the science and art of nutrition receive equal time. I'm not a vegan, though I don't eat much meat. That said, I believe quality animal products can have a place in a healthy
diet. However, I don't think there is anyone who can argue against the benefits of a plant-based diet. In fact, if you look at most popular diets, the one common thread is the emphasis on whole foods, but especially fruits and veggies. Ultimately, I think that is the message that Greger puts forward. Good stuff!**A little interesting background. Greger
started nutritionfacts.org with the support of two philanthropists. It is now a self-sustaining non-profit. The website and its content are free forever with no ads and no corporate sponsorships. He claims that sales from his DVDs go back to the site and proceeds from his books and speaking engagements go to charity health-coaching non-fiction read-
2016June 10, 2016In the wake of my heart attack, my cardiologist told me that I could reverse my atherosclerosis with diet and exercise, specifically a plant-based diet. She recommended Dr. Caldwell Esselstyn's book "Prevent and Reverse Heart Disease", which prescribes a very stringent diet, that not only forbids meat and dairy products, but also
precludes all oils ("not a drop"), as well as nuts, and avocados. I didn't know if I could follow such a diet. Besides, it's a diet that he gave to people who had significantly more advanced and severe coronary health issues than I did. So perhaps I didn't need to be on such a draconian regime. Also, I wasn't entirely sold on the plant-based diet: before
making such profound changes to my diet, I really wanted to see solid clinical evidence for it. I'd hate to give up BBQ ribs for nothing. And while Dr. Esselstyn reported striking results in his practice, it was an uncontrolled interventional study among a very small group of patients. Finally, rather than being dictated a diet to follow (especially one that
most Americans face: diabetes, hypertension, a variety of common cancers (lung, colorectal, breast, prostate, leukemia), Alzheimer's, Parkinson's, and even depression. And it covers what is known - based on the best research we have - about various foods that may be helpful or harmful with regard to them.Dr. Greger assembles an impressive array
of clinical evidence for the health claims he makes for particular foods to address particular diseases, but he manages to keep the material very readable and his style is conversational and personable. All of which means that it's possible to get through this book, benefit from the information, and enjoy the process. The audiobook version is read by the
author, who has a very quirky and winning narrative style: you can get an idea of it through any of a large number of videos at his web site: . That site provides a mountain of information that expands and supplements this book. In fact, the book can be considered a collation and distillation of that web site, which provides much of the same
information. After listening to this book, the evidence for the health benefits of a plant-based diet is not only presented, but it's overwhelming. Even shocking. While the audiobook is very listenable, you might prefer to get the print or electronic version. That makes it easier to dip in and out of particular sections that might be of specific interest to you
 The book is divided into two parts: the first part describes the 15 top diseases which contribute to mortality and you may not want to wade through all of them - which is harder to avoid in an audiobook, as entertaining as he makes it. The second part consists of a review of different food groups, which Greger characterizes as his "Daily Dozen". He
goes into their benefits and recommended portions. That section is useful as a reference, so having a text version may be desirable: I ended up getting one after listening to the book. Ultimately, I did adopt a plant-based diet on the basis of the information presented in the book. a vegan and whole grain diet. And I still eat nuts (in fact, lots of 'em) and
avocados. While I avoid certain oils, I allow others. You may make different choices based upon an understanding of the risks and benefits involved. I highly recommend this book as an invaluable resource to anyone concerned about their health. For me it was literally life-changing. July 27, 2020 This book is one I have re-read and referenced time and
time again. I cant even begin to tell you how much I learned. I wish the title were different, but at the same time, it completely fits the contents. I have also listened to the audio narrated by Dr. Greger and love his passion for this topic. Now to start walking the walk myself... and following this, again! January 12, 2019Utterly frustrating. Full disclosure -
I'm a Bioscience graduate specialising in Neuropharmacology and studied safety pharmacology extensively in university. Firstly, Greger does not understand the basic principle of pharmacology, said "the dose makes the poison." This means that
everything is toxic if you consume enough of it. Literally everything. So when Greger is raving about how turmeric is a miracle food and you should consume pepper to stop your liver detoxifying it (!!!) - take this with a pinch of salt. No food is a miracle food and you should consume pepper to stop your liver detoxifying it (!!!) - take this with a pinch of salt. No food is a miracle food and you should consume pepper to stop your liver detoxifying it (!!!) - take this with a pinch of salt.
won't. He also says food does not has side effect if you consume too much of it. Secondly, Greger can not read trials well. Dripping concentrated food extracts on a petri dish does not mean the same effects will be replicated in the body. ADME is a basic in safety pharmacology which stands for absorption,
distribution, metabolism and excretion. If a compound can not be absorbed into the brain's protective features or is metabolised by the liver the moment it gets in the body and is excreted there will be no benefit. So many of the studies cited weren't based on proper science. Thirdly, Greger
says that food is inherently better than drugs and we can't prove that because doctors are paid by pharmaceuticals and no one will pay for the research because you "can't patent broccoli." You can. So many drugs are from natural products that are refined and improved to get the maximum efficacy. For example, Morphine is derived from poppy
seeds. If you eat enough poppy seeds you will experience analgesia and side effects eg your breathing will become depressed. Again, this is how basic pharmacology works. If a food has not been made into a drug it's not profitable. It's because it doesn't work as well as existing medication. Fourthly, Greger is so into his own principles
(and veganism is great don't get me wrong) that he doesn't fuel his own message - eg the food that is currently regarded as the most relevant to the development of dementia is sugar but this is never touched on. Fifthly, Greger does not understand patient compliance. Sometimes, people just want to eat cheese and beef
and fish and eggs and if you ban it they will still eat it. Doctors don't ban people from eating substances because it will not work a lot of the time. Drugs have better patient compliance so they are prescribed to help illnesses. A pet peeve of mine - Greger said to avoid illness by using hand sanitizers! If you're a doctor or immunosuppressed - go ahead.
If you're healthy, please don't. The way to live longer is to expose your immune system so your body has immunity by the time you become elderly and immunosuppressed. Honestly, the book is written well it just lacks a lot of substance. Also the UK "translation" seemed a little jarring. It's clearly an American book - we know what walmart and the
subway is you don't need to say "Tesco" and "the Tube" (why did they capitalise Tube? I am perplexed)If you want to be healthy - eat more veg! Try to cut your meat and fish down. Try not to eat processed food. Stay in a healthy BMI
zone if you can? Try to cut down on your sugar. Eat colourful food. Eat as varied a diet as possible - don't stick to your common ingredients. Take inspiration from the Mediterranean diet! Find what works for you:) biomedical-books non-fictionMarch 17, 2021I have so many problems with this book I hardly know where to start. Although careful to toe
an each-to-their-own path, this is Gregers clarion call for veganism. Plant food good, animal food bad is writ large on every page and he uses slight-of-hand statistics to support this controversial claim. Nutrition is a complex subject. Many factions beat the drum for their particular interpretation of several well-known studies, even though many of their
conclusions are contradictory. Each faction clings to the research that fits their own theory, so the whole field is shot through with confirmation bias. And thats exactly what we have running through this book. In spite of the long list of references, Greger has been highly selective and only cites research that supports his case. Anyone who knows the
field will spot this. Moreover, Greger, knowing he is writing for a lay audience, fails to explain key research concepts, notably the distinction between correlation and cause-and-effect and the meaning of [statistical] significance, which often represents very small fluctuations in outcomes. This allows him to write casually of significant rises or
significant falls in this or that affliction with technical impunity whilst knowing full well that significant, in common parlance, implies much larger differences. He also obscures the truth with percentages. Newspaper headlines do this all the time. Its where a shift from 1 in a million over 12 months can be written as 50% rise in one
year! The book is full of this manipulative little trick. Greger deploys the above to make questionable claims. For example, in a subchapter called Preventing (and Treating) Breast Cancer by Eating Plants, he implies that if a woman eats her greens, some flaxseeds and soy beans she is protected. Yet it is now well-recognised that the principle risks for
breast cancer are being overweight, drinking alcohol (regardless of weight) and family history. Greger barely mentions them the standard Western diet is atrocious and that those living on it are risking their long term health but veganism is emphatically not the answer (setting aside environmental arguments which Greger
does not address). It is difficult to get all essential nutrients on a plant-only diet, particularly the protein, calcium, iron and B vitamins we all need but young women in particular need, for they are the ones largely embracing veganism. We should indeed be avoiding highly processed meats, refined carbohydrates, foods containing trans-fats or fructose
and excessive alcohol. We should be eating more fresh fruit and vegetables and taking more exercise. Everyone knows this, unless they egot their heads buried in concrete. The gut microbiome is the new kid on the block. The evidence for its importance to human health is growing rapidly; this is the one to watch. Greger hardly touches it. Instead of
this book, which I cannot recommend, I suggest Gut: The Inside Story of Our Body's Most Under-Rated Organ for a far more interesting and up-to-date discussion about current thinking in nutrition. January 17, 2020This is an important book and has a lot of information I wish I had come across earlier. Other than the fact that the book is based on
evidence and has good nutrition advice, it is also brave challenging the politics which prevents most people knowing the full facts. Also, much of the medical profession is focused on diagnosis and cure of diseases, with limited understanding of the role of nutrition. The first and biggest section of the book deals with various serious ailments and how
they can be prevented and possibly overcome with diets based on plant food, grains, spices & nuts. There is detailed information on the harm meat, fish and dairy causes us. It will appear as if the matter is repeating across sections since the recommendation is straightforward you need to eliminate processed food, meat, diary, all animal products
from your diet to be healthier. There is a good amount of research referred in the book and the case histories certainly makes this credible reading. Apparently, while a lot of medical profession knows about the risks lurking in the foods we eat only a few are inclined to take on big industries and the politics involved. So, is Dr Greger advocating a
strictly vegan diet? Dr Greger clarifies that his recommendations are based on what is good for health rather than what to avoid for ethical or other reasons. As he points out, he comes across many vegans stuffing themselves with French fries and guzzling a lot of beer. He, advocates a whole food, plant based diet and there is detailed information on
what to include and what not. I would certainly recommend this book it is a wake-up call to eat healthier. My rating: 4.5 / 5. March 19, 2017 This book is an unflinching, fearless journey to the dark heart of one of our cultures most contentious and taboo subjects. Food. It's not commonly recognized as such. But in my experience, if you want to instigate a
fractious argument amongst an otherwise civil group, about a topic that is is absolutely mired in superstition, opaqued by endless layers of literally deadly serious opinions about, all you have to do is simplytalk about which
foods are healthy and which foods are not in mixed company. Particularly whether or not one should eat meat including poultry and fish. Then just sit back and watch the conversational blood sport begin. Before it's all over, close friends may become bitter enemies. In my opinion, the BIG 3 nuclear discussion topics are:1. Politics2. Religion 3. FoodAnd
in Los Angeles, you can pretty much hyphenate those together into one big word, politica-religio-nutrition, Angelenos are religious about their kale smoothies and view consumption of certain foods as treason. I try to avoid the subject all together, Besides, I've already read a bunch of yearn terror tactic books like The Pleasure Trap (a
classic) and I have already seen the vegan terror propaganda films e.g. Forks Over Knives (another classic). I thought I already had all of the data. I (for above stated reasons and more) was intensely resistant to reading the book and would have passed without second thought had it not been at the emphatic behest of my lovely and wise wife. As usual,
she was right and I was wrong. So I understand if you're feeling resistant or on the fact that there's a pretty awesome (however unintentional) pun embedded in that sentence. Seriously
though, read this book. Or better yet listen to the Audible version. It's narrated by the author, and he's the quintessential Nebbish. For those of you unversed in Yiddish, that means lovable-nerdy-intellectual-good guy-dork. His ridiculously vast knowledgebase is quite literally awesome. That combined with his over-the-top enthusiasm makes the audio
version of this book absolutely infectious (in the good way). Now for the kick in the teeth. The good doctor presents literally reams of evidence against consuming meat (including fish and chicken) and for a eating a plant based, no processed food diet. And his argument is overwhelmingly (terrifyingly) convincing. As he puts it "this is not a vegetarian
diet, or a vegan diet, it's an evidence based diet". And how! To say the evidence presented is "motivational" or even "coercive" is an understatement. By the half way mark of the book he had me eating broccoli as if my life depended on it. This is the perfect first book of the year. Read it, turn over a new leaf and stuff it in your pre-diabetic pie hole. Here's
to a long healthy life! Five stars*****May 10, 20242024 reread: I'm always surprised by how much information this book contains. It really is the best nutrition book I know. This time I have been annotating and marking recipes. I was reading the reviews and comments on the author's social media pages and some comments people place are really not
true. Obviously some people haven't read the book (in complete). People who say the author cherry picks studies haven't read the introduction where he clearly states that in some corners of nutrition science, not much has been published. When studies haven't read the book (in complete). People who say the author cherry picks studies haven't read the introduction where he clearly states that in some corners of nutrition science, not much has been published. When studies haven't read the introduction where he clearly states that in some corners of nutrition science, not much has been published.
say that the author is shoving veganism down the reader's throat are also wrong. The author does talk about the good things of a plant based diet a lot, because that is what the science shows. Nowhere in the book he tells you to completely stop animal products. He discusses even that sometimes eating "bad" food is not detrimental to your health if
you mostly stick to a healthy diet. I would say he is more anti-processed food rather than anti-animal products. I agree with some other readers though, that sometimes the results are discussed in a way that could be pulled out of context. What the author could do in a next edition is include a short chapter in the introduction about the concepts of for
example risk, correlation and causation. While he does point out often that correlation doesn't mean causation, and that risk doesn't mean you will actually be affected by something, if you are not someone who is used to these concepts, the conclusions could be interpreted more dramatically than they are. To me these concepts are really clear, but I
totally understand that it could be confusing for people, especially if you just start out with these kind of books. In all, I think the author has a great way of making these scientific studies understandable for me! 2020 reread: After reading this book, I've been following dr Greger's tips
and noticed several health benefits. Less headaches, quicker healing from my runs, so I decided to revisit this book to freshen up the knowledge. I now listened to this as an audiobook read by the author. He has a quirky reading style, may not be for everyone, but I really liked it. I was really intrigued when I saw this book. Ofcourse most people know
how to eat so that they can be the health! biology favourites food January 21, 2023How Not To Die, by Dr. Michael Greger
advocates an antioxidant plant based diet.eating anti-inflammatory foods. Hes a vegan enthusiast. Legumesbeansberries and other fresh fruits. cruciferous vegetables. nuts. seedstubers. whole grains .omega 3-fatty acids. and fiberadd spices: turmeric, cinnamon, cumin, cardamom, saffron Avoid highly processed
foodsmeats.dairysugarNo juicy burgers, fries, and a milkshakes. Bye-bye! Lots of stories about reversing heart diseases, lowering high blood pressure, cancer, lung diseases, brain diseases, brain diseases, brain diseases, brain diseases, brain diseases, lowering high blood pressure, cancer, lung diseases, brain diseases, brain diseases, brain diseases, lowering high blood pressure, cancer, lung diseases, brain diseases, brain diseases, brain diseases, lowering high blood pressure, cancer, lung diseases, brain diseases, brain diseases, lowering high blood pressure, cancer, lung diseases, lowering high blood pressure, loweri
moodboost self confidence social life .and a wide variety of beneficial effects on our psyche. Get plenty of quality sleepExercise Shake off stressSet boundaries with technology Improve postureClean your gut Stay hydrated Are we having fun yet? Love to be reminded of things you already know and already- occasionally implement? (my pleasure haha
glad I could assist). Want to refresh your reasons for living your smart-choice lifestyle? .And hear a bunch of true stories? [Theres a beautiful story about Dr. Gregers grandmother]..How Not To Die just might extend you life simply by reading it July 4, 2017Well this was a very interesting read! Since I have been contemplating changes to my diet, it
arrived on hold for me at the public library at an opportune moment. I went shopping yesterday for esoteric items like hibiscus tea and ground flax seed and some less unusual items like more walnuts, fruit & vegetables. Im a believer in evidence and Dr. Greger provides boat-loads of that. Now my task is to test these ideas with myself as guinea pig
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and see if they actually work for me. Ive been controlling my blood pressure with medication for many years now and just got the warning from my doc that my blood sugars are creeping upwards. The time for action is now! However, there is a lot of repetition in this book. It got to the point where I wanted to skip entire chapters because I knew that I

was just going to get more of the same. It gets almost to the point of being preachy, something that I detest. I also wish that he had dealt with the issue of the title at the beginning, rather than right at the end. Properly, the book should be called How Not To Die Prematurely and he admits this in the final paragraphs. It is not a prescription for

immortality. Meat-eaters (and I am one of them) will find this challenging. However, I keep my own notebook of recipes that I enjoy to keep myself well fed while I try out this regime. Its not going to happen overnight, but I will definitely be adding fruits, vegetables, and nuts even while I try to wean myself off of too much meat. I dont know whether I will ever be a veganIm not sure I have enough self-righteousness for thatbut a dietary improvement is in order. food-nutrition-cooking non-fiction public-library February 26, 2019Unfortunately, I just couldn't bear to finish this book. It's	ia more
	filled with so
much weak and poor science that it disturbs me that this was written by a physician. Of course, I didn't have time to look up every study cited here, but when I did, I found that either the study was extremely small (e.g., 10-30 participants, and usually unblinded) or, in the case of larger studies, it was easy to find studies just as large and	
constructed with contradictory results. In some cases, a study would be cited that actually had contradictory conclusions to the thesis of the book (that eating meat leads to virtually every negative diet related health outcome that exists). For example, he cites the study titled "Longitudinal changes in BMI in older adults are associated with increases in BMI (neverminal the danger in making health recommendations head on "longitudinal changes in BMI (neverminal the danger in making health recommendations head on "longitudinal changes in BMI (neverminal the danger in making health recommendations head on "longitudinal changes in BMI (neverminal the danger in making health recommendations head on "longitudinal changes in BMI (neverminal the danger in making health recommendations head on "longitudinal changes in BMI (neverminal the danger in making health recommendations head on "longitudinal changes in BMI (neverminal the danger in making health recommendations head on "longitudinal changes in BMI (neverminal the danger in making health recommendations head on "longitudinal changes in BMI (neverminal the danger in making health recommendations head on "longitudinal changes in BMI (neverminal the danger in making health recommendations head on "longitudinal changes").	
consumption differentially, by type of meat consumed as evidence that consuming chicken is associated with increases in BMI (nevermind the dangers in making health recommendations based on "associations"). However, that was just one conclusion. Here's another one: "No association between total fresh meat consumption and prospectations based on "association between total fresh meat consumption and prospectations based on "association between total fresh meat consumption and prospectations"). However, that was just one conclusion. Here's another one: "No association between total fresh meat consumption and prospectations") and prospectations between total fresh meat consumption and prospectation betwe	
indicative of a level of intellectual dishonesty that calls everything he writes into guestion. The flaws in his understanding of the scientific method may be best reflected when discussing the potential health benefits of eating Brazil nuts. He cites a study titled "A single consumption of high amounts of the Brazil nuts improves lipid profile of the scientific method may be best reflected when discussing the potential health benefits of eating Brazil nuts. He cites a study titled "A single consumption of high amounts of the Brazil nuts improves lipid profile of the scientific method may be best reflected when discussing the potential health benefits of eating Brazil nuts.	
volunteers" that included just ten subjects. About this, he says: "Normally, when a study comes out in the medical literature showing some too-good-to-be-true result like this, doctors wait to see the results replicated before they change their clinical practice and begin recommending something new to their patients, particularly when the	study is done
on only ten subjects, and especially when the findings seem too incredible to believe. But when the intervention is cheap, easy, harmless, and healthywere talking just four Brazil nuts per monththen in my opinion, the burden of proof is somewhat reversed. I think the reasonable default position is to do it until proven otherwise. "This is ex	
opposite of the "reasonable default position" and there's excellent reasons why science doesn't work that way. Not only does he betray a profound misunderstanding of how science. When people hear one year that eating Brazil nuts is good for your heart, the latest and the late	
later a (larger, better constructed) study comes out that there is no benefit or even harm, many people get frustrated with the "flip flopping" and decide that "scientists" don't know what they're talking about. I'm not saying that I think his conclusions are wrong. I really don't know if he's right or wrong. I'm saying that I simply don't find he trustworthy. I don't think I'm able to learn anything valuable when the source is so dishonest. January 19, 2016This book could be a life changer. God knows I've tried every diet known to man but becoming vegan never occurred to me. I always thought it was more of a lifestyle choice having to do with an affinity for animals rather than he	
Read this and your eyes will be opened to a lot of things. I've long known the dangers of processed foods but always believed that meat and dairy were good for me. I'm going to try eating this way for a couple of weeks and see how I feel. As soon as I finished this audiobook I started it again. June 11, 2016 This book changed my family's life	
husband and I read it while on holiday in Florida. Although not your typical beach read, we couldn't put it down! By the second chapter, we completely cut meat out of our diet (while on holiday!) and haven't looked back. I feel energized and inspired for change. The simple act of eliminating meat from your diet will reduce carbon emission	ns
significantly, not to mention to health benefits. The most important impact for me is preventing animal cruelty. As a mother, how can I teach my children kindness and respect while my meat purchasing power caters to the captivity and torture of innocent animals? And the outrage over a lion being beheaded or a gorilla being shot in a zo	
perplexing to me when most of the people showing anger eat meat on a daily basis. We must take a step back and prioritize our choices, and reading this book will make it easier to transition. In 2016, with knowledge and products at our fingertips, it is easier than ever to live a plant based way of life. The meal choices are endless and delay brings a new opportunity to experiment and discover healthy foods and say goodbye to heart burn, clogged arteries, indigestion, and countless other maladies. It was a pleasure to work along side Dr.Greger at the St.Catharines, Ontario VegFest this June. I am so grateful for his hard work and research. This book is a must read. Augustion.	
great motivator to make me seriously consider vegetarian/vegan diet, this book. Thus five stars. This book is a must read. August and the st. Catharines, ontains vegetarian vegetarian vegetarian to experiment and discover healthy loods and say goodbye to heart burn, clogged arteries, indigestion, and counties other manages. It was a pleasure to work and research. This book is a must read. August a property of the point is to improve the quantity and the quality of one's life - everyone of the point is to improve the quantity and the quality of one's life - everyone of the point is to improve the quantity and the quality of one's life - everyone of the point is to improve the quantity and the quality of one's life - everyone of the point is to improve the quantity and the quality of one's life - everyone of the point is to improve the quantity and the quality of one's life - everyone of the point is to improve the quantity and the quality of one's life - everyone of the point is to improve the quantity and the quality of one's life - everyone of the point is to improve the quantity and the quality of one's life - everyone of the point is to improve the quantity and the quality of one's life - everyone of the point is to improve the quantity and the quality of one's life - everyone of the point is to improve the quantity and the quality of one's life - everyone of the point is to improve the quantity and the point is to improve the quantity of one's life - everyone of the point is to improve the quantity of one's life - everyone of the point is to improve the quantity of the point is to improve the point is to im	
should make the time before it better and longer. And perhaps need less visits to the doctor(s) and the hospital. Less medicine with possible side effects too. (See the last chapter of the first part - iatrogenic causes.) (The notes section makes about a third of this book, so the part for reading is a bit shorter than it looks like when you hold to	
you read this in book form.) Throughout reading the first part (the diseases), some of my reactions:- The food industry, food safety and medical industry in the US sure is crazy! (same, to this reader familiar, things appear also when talk goes to butchering/slaughterhouse-work related illnesses)- not the chicken too! X(- guess I need to give	
(except the little flavor in chewing gum) *awww*- but I *like* my meat well-done! :(- but I *like* my	
so). There is a couple of disturbing images of the end of some diseases, for example in the lung/liver chapters, that can both horrify and motivate. The author clearly directs us towards more plant-based living, discouraging dairy, meat and fish use. That said, he doesn't do it aggressively, off-putting the reader. But one clearly needs to comb off the Standard American Diet (SAD diet, indeed). Some examples of people who have done that through author's site - he mentions this site now and then, but not too often - give good examples. Firstly, he introduces a	
system of classifying the foods: green for unprocessed plant food, yellow for processed animal food, and red for extraprocessed animal food, and processed animal food and unprocessed animal food and processed animal food ani	
recipes. Healthier food becomes tastier over time (just like lower salt-use becomes normal over time). Secondly comes how the author does it: he shows us his checklist of the 'daily dozen', which makes diet-building pretty manageable. Each food group lists the foods, the amount for each serving, and how many servings one should have. I	Deeper
information follows, like the myth of 8 glasses of water, why one should avoid alfalfa sprouts always, why miso's saltiness is OK, and then in the appendix sections about the supplements (B12, vitamin D, and such). Five stars for being so waking! This boo	
about the suffering of animals (there's enough talk about it found elsewhere already) but focuses on another reason for moving towards plant-based eating: our health. That can be the biggest motivator for some people. It certainly makes on think seriously about changing oneself, for sure. And at the end: surprise Dr. Spock!December 3, 2 was about the surprise of different distance of the surprise of the surprise of different distance of the surprise of different distance of the surprise of different distance of the surprise of the surprise of different distance of the surprise of the surprise of different distance of the surprise of	
everybody is aware that your diet has an enormous impact on your health. This book is another reminder that this is true. Though everyone will one day die, Michael Greger gives some tips to help you live as long and as healthily as possible. I'm not going to debate the merits of different diets which seem to change as quickly as fads. I thir should try to incorporate healthy habits that are right for them as they are able. How Not to Die is packed with ideas on that front. I think the most interesting part of this book are the effects that various foods have on the body. But you don't have to take Greger's word for it, experiment and see what works for you. Happy eating:) diet-another than this is true. Though everyone will one day die, Michael Greger gives some tips to help you live as long and as healthily as possible. I'm not going to debate the merits of different diets which seem to change as quickly as fads. I thir should be a support of the merits of different diets which seem to change as quickly as fads. I thir should be a support of the merits of different diets which seem to change as quickly as fads. I thir should be a support of the merits of different diets which seem to change as quickly as fads. I thir should be a support of the merits of different diets which seem to change as quickly as fads. I thir should be a support of the merits of different diets which seem to change as quickly as fads. I thir should be a support of the merits of different diets which seem to change as quickly as fads. I thir should be a support of the merits of different diets which seem to change as quickly as fads. I thir should be a support of the merits of different diets which seem to change as quickly as fads. I thir should be a support of the merits of different diets which seem to change as quickly as fads. I thir should be a support of the merits of different diets which seem to change as quickly as fads. I thir should be a support of the merits of the meri	
non-fictionDecember 27, 2017This is a problematic book. I support the cause and the motivation, but a lot of it is simply misleading. The general tone of "how not to die" has so much western dualistic bias which supposes we are constantly at war with something (disease, war, cancer, death, obesity, you name it) while these things are equivalent to the suppose of the cause and the motivation, but a lot of it is simply misleading. The general tone of "how not to die" has so much western dualistic bias which supposes we are constantly at war with something (disease, war, cancer, death, obesity, you name it) while these things are equivalent to the suppose of the cause and the motivation is a problematic book. I support the cause and the motivation is a problematic book are the cause and the motivation is a problematic book are the cause and the motivation is a problematic book are the cause and the motivation is a problematic book are the cause and the motivation is a problematic book. I support the cause and the motivation is a problematic book are the cause and the motivation is a problematic book are the cause and the motivation is a problematic book are the cause and the motivation is a problematic book are the cause and the motivation is a problematic book. I support the cause and the motivation is a problematic book are the cause and the motivation is a problematic book are the cause and the motivation is a problematic book are the cause and the motivation is a problematic book are the cause and the motivation is a problematic book are the cause and the motivation is a problematic book are the cause and the motivation is a problematic book are the cause and the motivation is a problematic book. I support the cause are the cause are the cause and the motivation is a problematic book are the cause and the motivation is a problematic book. I support the cause are the cause	
life as their opposites. We all have to die eventually, but please, not in denial. The second objective is the style, which is not only highly reductive (read Whole by Colin Campbell to get the point), but also verbally very close to marketing language. It is written to sell, not just itself, but perhaps some seminars and workshops as well. Yes yes	s, perhaps the
ends justify the means, but still it leaves me with quite an aftertaste. That being said, if one knows how to interpret all this mountain of data into a proper context, this book can serve as a good guiding book for nutrition. If you use it just as a reference or a starting point (much like a telephone directory is used just as a starting point for	
conversation), you may get the best of it. But don't take it too literary, search for the context and search for the real content. November 18, 2015I won this book in a Goodreads giveaway. If you don't find something in this book to improve your life and health, then you are just not trying A large and comprehensive catalog of healthful su changing your eating habits to enhance your life. Chapter by chapter approach to the main disease categories that affect our lives in modern America from heart disease to diabetes, digestive cancers to depression this book covers them all! Basically it is suggested that we need to alter our eating habits to a plant-based diet with the	
emphasis of particular natural compounds depending upon our family history or personal disease process. All sound advice and easily enough followed. Was a little concerned that it was suggested that rather than avoid or counting carbs/sugars and/or calories, a type 2 diabetic is advised to ignore that ADA wisdom and concentrate on a little concerned that it was suggested that rather than avoid or counting carbs/sugars and/or calories, a type 2 diabetic is advised to ignore that ADA wisdom and concentrate on a little concerned that it was suggested that rather than avoid or counting carbs/sugars and/or calories, a type 2 diabetic is advised to ignore that ADA wisdom and concentrate on a little concerned that it was suggested that rather than avoid or counting carbs/sugars and/or calories, a type 2 diabetic is advised to ignore that ADA wisdom and concentrate on a little concerned that it was suggested that rather than avoid or counting carbs/sugars and/or calories, a type 2 diabetic is advised to ignore that ADA wisdom and concentrate on a little concerned that it was suggested that rather than avoid or counting carbs/sugars and/or calories, a type 2 diabetic is advised to ignore that ADA wisdom and concentrate on a little concerned that it was suggested that rather than avoid or counting carbs/sugars and/or calories, a type 2 diabetic is advised to ignore that ADA wisdom and concentrate on a little concerned that it was suggested that rather than avoid or counting carbs/sugars and/or calories, a type 2 diabetic is advised to ignore that ADA wisdom and concentrate on a little concerned that it was suggested that rather than avoid or counting carbs/sugars and or calories are calories.	
fiber diet instead. Numerous suggestions are made to improve overall health through more natural eating and additions of other herbs and foods used more prevalently in other cultures, i.e. turmeric. Overall a helpful book with easy-to-follow suggestions. Avoids being overly-preachy (can't avoid being a little preachy) while earnestly call	
change in eating habits for greater health. July 2, 2017 This is the best, most comprehensive, and most reliably/extensively cited book on diet and health I have ever read. Rather than relying on just a few questionable studies the way most books on the topic do (often, I might add, while seemingly purposefully misinterpreting the data from	
studies), Dr. Greger looks at the whole of nutrition studies published in English, explains typical and relevant ones thoroughly, and makes them understandable to anybody. One great thing about this book is that it can give you hope. You and your family members don't need to spend a lot of money on drugs, worrying about health insurant to the spend and the second and the spend and the second a	
turn. You don't need to die from heart disease, you don't need to suffer early onset dementia, you don't need to have a stroke and spend years trying to recover, you don't need to have a stroke and spend years trying to recover, you don't need to have a stroke and spend years trying to recover, you don't need to have a stroke and spend years trying to recover, you don't need to have a stroke and spend years trying to recover, you don't need to have a stroke and spend years trying to recover, you don't need to have a stroke and spend years trying to recover, you don't need to have a stroke and spend years trying to recover, you don't need to have a stroke and spend years trying to recover, you don't need to have a stroke and spend years trying to recover, you don't need to have a stroke and spend years trying to recover, you don't need to have a stroke and spend years trying to recover, you don't need to have a stroke and spend years trying to recover, you don't need to have a stroke and spend years trying to recover, you don't need to have a stroke and spend years trying to recover, you don't need to have a stroke and spend years trying to recover, you don't need to have a stroke and spend years trying to recover, you don't need to have a stroke and spend years trying to recover, you don't need to have a stroke and spend years trying to recover, you don't need to have a stroke and spend years trying to recover, you don't need to have a stroke and years trying to recover, you don't need to have a stroke and years trying to recover, you don't need to have a stroke and years trying to recover, you don't need to have a stroke and years trying to recover, you don't need to have a stroke and years trying to have a st	
point), which will reduce my chances of dementia" and so on. But then I calm down and I remember that as long as I continue to eat unprocessed plant-based food and lots of it, I will be fine. That said, I really do appreciate knowing which plants are particularly health-promoting. I've been a berry fanatic ever since I learned about antioxi	
very first nutrition class, and I notice that Dr. Greger says to eat berries every day. Also in health class, I learned about beans helping reduce insulin resistance and Dr. Greger confirms it. Basically, what I'm trying to say is that I am studying nutrition in college with the intent to become a registered dietitian, and How Not to Die is the on	ly book on
nutrition I have ever read that doesn't have any information in it that is counter to what I've learned in those classes as being health promoting. It's also the only one that passes the test of reliability in its thoroughness of citing sources WITHIN the text, talking about both the good things and bad things about a particular study. Other book is a superior of the counter to what I've learned in those classes as being health promoting. It's also the only one that passes the test of reliability in its thoroughness of citing sources WITHIN the text, talking about both the good things and bad things about a particular study. Other book is a superior of the counter to what I've learned in those classes as being health promoting. It's also the only one that passes the test of reliability in its thoroughness of citing sources.	
treat any study that agrees with their central point as perfect. But Greger will outright say, "This study only looked at the cells in a petri dish to see if it will fight cancer" or "This study was only done on a dozen people," but, he'll add, since the study is suggesting you eat a veggie, fruit, legume, or whole grain, what's the harm of trying it not like it's suggesting you take a drug that's only been tested in a petri dish. It's suggesting you eat broccoli. I learned a lot from this book and I think it could save a lot of people's lives. I want to send it to my parents, my aunts and uncles, give it to strangers on the train. I want to hang its green light foods on my fridge, I want to watch very lives.	
nutritionfact.org, I want to see Dr. Greger debate with paleo nutcases. We could solve so many problems by changing our diets, and I'm happy to be one person living as an example of how not to die.favorites you-should-read-these-February 19, 2016I flipped through those sections that interested me and all I got was "eat veggies". Repeat	
for something new and original not that I didn't expect the "eat veggies" and already do but original. December 30, 2021 If there is strong medical evidence for a vegan diet, I don't get why some of its proponents keep trying to support it by citing rubbish. If people support veganism for non-medical reasons, I think they should just say	so. Blah-blah
like this book undermines the good arguments for eating more vegetables and less meat. The author relies on a mix of anecdotes, laboratory studies, distorted epidemiology studies, and small clinical studies with irrelevant outcomes. He does a lot of blaming the victims, repeating frequently how it's all under your control, but that doesn't	
into account the massive forces pushing junk food and misinformation and erecting barriers to healthy lifestyles. Nerd addendum:-He lost credibility with me early on by citing the China Study (He then cites some legitimate research like the famous Framingham study, but uses that to make the point that there is only one risk factor for disease and that's a high blood cholesterol level. Sorry, but that's nuts. Smoking and such in the Framingham study were huge risk factors. Non-smokers with much lower cholesterolHe doesn't address how the American diet was higher in meat & whole fat dairy before	
obesity/diabetes/metabolic syndrome epidemic startedHe talks about how cholesterol comes from eating eggs and other stuff with cholesterol in it. Except that cholesterol in your body is necessary for survival and your body synthesizes it from other substances you eatWith many of the weak studies that he cites for recommending this	
dietary practice, he follows it with a proviso along the lines of "This has not been studied in clinical trials but its harmless so who cares." I'm not comfortable with that. And it's particularly galling given that he has "scientifically proven" in the title. One could go on. Related: The Way We Eat Now Why We Get Fat: And What to Do About ItV	
December 16, 2015Dr. Greger works tirelessly, with his team, to scour the nutrition based medical literature published throughout the year"so you don't have to." Then he compiles these findings into informative videos that he makes available for free on NutritionFacts.org. This book is based on the facts that he and his team have uncompiles these findings into informative videos that he makes available for free on NutritionFacts.org. This book is based on the facts that he and his team have uncompiles these findings into informative videos that he makes available for free on NutritionFacts.org. This book is based on the facts that he and his team have uncompiles these findings into informative videos that he makes available for free on NutritionFacts.org. This book is based on the facts that he and his team have uncompiles the nutrition facts are not only to the facts that he and his team have uncompiles the nutrition facts.	
the several years that they have been canvasing the latest nutrition science. He has compiled it in an easy to read, and often humorous format. All of the money that Dr. Greger makes for this book is channeled directly into funding NutritionFacts.org, so that it can remain free to all. He is not the only doctor out there who promotes plant-nutrition as the healthiest human diet, but he is the only one who is not making a cent off of promoting it. He will not take any money for it, because he doesn't want his message to be tainted by any commercial interests. This is Dr. Greger's Christmas gift to all of usa gift of health for many, many years to come. Read this book and save	
the lives of your loved ones. February 14, 2017Seriously, this is BS. Ok, its not. Hes not wrong, per se, but this is the type of advice* that creates confusion and makes people sick, much like the Atkins Diet or whatever other faddish food advice comes along. So here's the thing: Michael Greger wants everyone on a whole plant diet which is	
Plants are good for us and we should all eat more of them, especially if we eat hardly any at all, as Americans do, or don't, in this case. But turmeric does not cure cancer and neither does broccoli and he needs to not imply they do. This is one of those miracle nutrition books, full of antioxidants and unicorn dust in which everyone will man	
forever if they just eat as he prescribes. But he doesn't account for personal dietary needs, for body types, for each person's individual chemistry. Some people will do fine on a vegan diet, others wont. Not everyone works the same. Why doesn't he know this? That's why we have nutritionists who take all this stuff into consideration and the forever in the same. Why doesn't he know this? That's why we have nutritionists who take all this stuff into consideration and the forever in the same. Why doesn't he know this? That's why we have nutritionists who take all this stuff into consideration and the forever in the same. Why doesn't he know this? That's why we have nutritionists who take all this stuff into consideration and the same. Why doesn't he know this? That's why we have nutritionists who take all this stuff into consideration and the same is the same. Why doesn't he know this? That's why we have nutritionists who take all this stuff into consideration and the same is t	
diet that best suits each body's needs. I'm not saying this nutritional advice won't work for some people, probably for a lot of people, but you're still going to die, regardless of the title, and you might still get diseases, regardless of the assertion you probably won't if you just eat these miracle plants. Yes, eating raw, whole, local food is the it's not viable for everyone, especially not for low-income people in food deserts, but I'm not even going to get started on that. Greger narrates the audiobook and he sounds smug and douchey. He does that thing where he lets his thoughts trail off so that readers can come to the correct conclusion you can sense the ellipses at the end of the correct conclusion you can sense the ellipses at the end of the correct conclusion you can sense the ellipses at the end of the correct conclusion you can sense the ellipses at the end of the correct conclusion you can sense the ellipses at the end of the correct conclusion you can sense the ellipses at the end of the correct conclusion you can sense the ellipses at the end of the correct conclusion you can sense the ellipses at the end of the correct conclusion you can sense the ellipses at the end of the correct conclusion you can sense the ellipses at the end of the correct conclusion you can sense the ellipses at the end of the correct conclusion you can sense the ellipses at the end of the correct conclusion you can sense the ellipses at the end of the correct conclusion you can sense the ellipses at the elli	
sentence and feel smug about their ability to put 2 and 2 together OR he uses subtle quilt obese children: Who wouldnt give anything to give their kids two more decades of life? to shame or induce further smugness. I hated it. I wanted to run my car off a cliff in order to shut the guy up, hoping he would not survive the incident regarded.	
miracle diet. I didn't because the audiobook did not actually contain the guy's lifeforce. I got halfway through and couldnt renew it so took it as a sign to give up and let someone else deal with this nonsense. I'm done.*EDIT: After reading this review, specifically Point 3, I realize that maybe the book is not what I thought. It sounds like ma	
problems I so vehemently rant about above specifically pertain to the first half of the book and are addressed in the second half so I will remove any and all stars since I don't have all the information needed to form a full rating opinion. However, my bitchy little tantrum still applies to the half I don't have all the information needed to form a full rating opinion. However, my bitchy little tantrum still applies to the half I don't have all the information needed to form a full rating opinion.	
	d listen
to.audiobook food health April 8, 2019Que no te engaen: esto no es un libro de divulgacin cientíca, es propaganda vegana disfrazada. Y me resulta sumamente irnico (e hipcrita) que el autor cargue contra la mala ciencia que en realidad busca manipular a la poblacin, dado que al final l hace lo mismo. Que nadie me entienda mal, no tengo contra de la climentación vegana, de hache considera el veganismo una encir personal de la climentación vegana, de hache considera el veganismo una encir personal de la climentación vegana, de hache considera el veganismo una encir personal de la climentación vegana, de hache considera el veganismo una encir personal de la climentación vegana, de hache considera el veganismo una encir personal de la climentación vegana de la climentación de la climentación vegana de la considera el veganismo una encir personal de la climentación vegana de la considera el veganismo una encir personal de la climentación vegana de la considera el veganismo una encir personal de la climentación de la climentación vegana de la considera el veganismo una encir personal de la climentación de la climentación de la climentación de la climentación de la considera el veganismo una encir personal de la climentación de la clime	d listen nada en
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