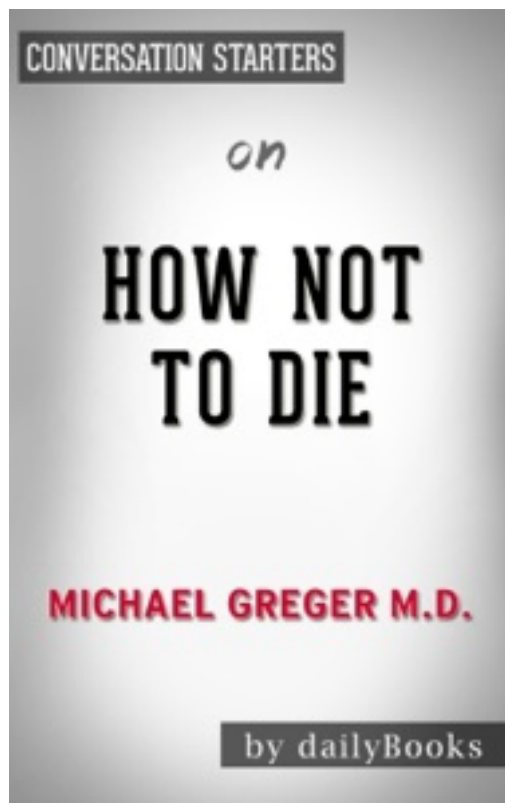


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When he was a boy, Dr. Michael Greger saw his grandmother recover from an end-stage heart disease. Her doctors could not do anything about her anymore, but when she changed her diet and lifestyle as a last recourse, she gained back her life and lived for almost three more decades. Today, Greger advocates the use of food as medicine, claiming that Americans' major cause of death is their faulty diet. How Not to Die gives a comprehensive guide to living healthy and with longevity. It is a well-researched and well-documented book about diseases and how food can heal, reverse or prevent them. It is also a practical guide to eating the right foods and creating a healthy lifestyle.

This New York Times bestseller is endorsed by His Holiness the Dalai Lama and praised by health and nutrition advocates including Dean Ornish. It is the book that empowers us to take

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