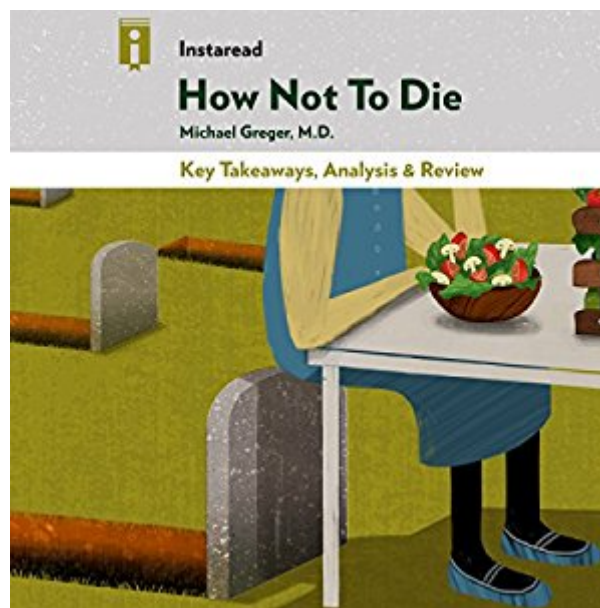


The book was found

Key Takeaways, Analysis & Review | How Not To Die: Discover The Foods Scientifically Proven To Prevent And Reverse Disease, By Michael Greger, M.D. With Gene Stone



Synopsis

Please note: This is key takeaways and analysis of the book, and not the original book. How Not to Die by Michael Greger, M.D. with Gene Stone | Key Takeaways, Analysis & Review Preview: How Not to Die by Michael Greger is primarily focused on the use of diet and lifestyle to help prevent the most common causes of death. Greger's grandmother had experienced multiple heart problems and had undergone many heart surgeries by the age of 65 before she went on a plant-based diet recommended by Nathan Pritikin, a lifestyle medicine pioneer. She lived to be 96, which Greger credits to her change in diet and lifestyle. Greger later attended medical school, where he lamented the lack of focus on nutrition in medicine. He decided to become a clinical nutritionist.... Inside this Instead of How Not to Die: Overview of the book Important people Key takeaways Analysis of key takeaways

Book Information

Audible Audio Edition

Listening Length: 33 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Instaread

Audible.com Release Date: January 20, 2016

Language: English

ASIN: B01ATVPC66

Best Sellers Rank: #21 in Books > Literature & Fiction > History & Criticism > Genres & Styles > Short Stories #203 in Books > Audible Audiobooks > Fiction & Literature > Literary Criticism #273 in Books > Audible Audiobooks > Health, Mind & Body > Diet & Nutrition

Customer Reviews

With the original book by Michael Greger being 576 pages you might want to grab this 27 page Instaread summary (think DETAILED review) first to see if what is being discussed is what you are wanting/needing to hear! The original book is focused on the use of diet and lifestyle and written by a clinical nutritionist. The original is in two sections: 1. Why plant foods are good for you. 2. How to incorporate them into your diet. With 12 Key Takeways presented this summary is easy to read and does not bog you down. Here are a couple KT's to whet your appetite: >>> #1 - "Poor diet is the leading cause of premature death and disability in the United States, but it is not a focus in medical schools." >>> #2 - "A plant-based diet may help prevent, treat, or reverse all 15 leading causes of

death in the United States."The leading causes of death in the USA "have changed significantly in the last century". Key Takeaway 4 states "Many plant-based foods can prevent digestive, blood, prostate and breast cancers". What vegetables have been classed as chemopreventative? It's not just vegetables, you also need a diet high in spices and fiber. High blood pressure is estimated to kill 9 million people a year! How can you prevent it? What about liver and kidney disease? Are you depressed? A change of diet may help. What is the traffic light model? Sound interesting to you? Then check this Instaread summary out first to see if what is written appeals to you. Maybe you've already read the original and need a quick reminder? This summary would be a great option for you too! Important to note that my review is based on the quality of this Instaread review and not the original book. Summary provided in exchange for an honest review. Thanks, Liz

This is an overview of the actual book "How Not to Die." Kind of like an abbreviated Cliff's Notes for the full book. It provides a potential reader enough information regarding this book's content to determine if we want to invest the extra money and time to actually buy and read the entire book. With so very many books having been published over the last two decades on the potential impact of diet on personal health; this short analysis of the book gives an individual a good indication of whether there is enough new and original information to warrant their purchase of the book itself. It is also a sound example of why I have personally found Instaread to be a very helpful and valuable service.

I received this book in exchange for a review and really enjoyed it. This summary of "How Not to Die" will take you approximately 20 minutes to read. It is divided into 12 key takeaways that list and analyze the main points in the book. The book discusses how we can avoid common causes of death through diet and lifestyle. The author mainly suggests eating a plant based diet and provides support on how this type of diet prevents many common diseases. As someone who is striving to live a healthier lifestyle I loved this book. I don't have much time to read, so I love that I was able to read a condensed version of the book

I hate that this may be taking sale away from "How Not to Die" by Michael Greger, who does so much good with his website [...] Please consider purchasing "How Not to Die" by Michael Greger before considering this book. How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease

Don't waste your money. Buy the real book by Dr. Greger, who spent two years researching and writing to bring you the best health information. Why would you pay these thieves who just want to benefit from someone else's labor?

Another great review by Instaread! This analysis and summary of "How Not to Die" captures the nutritional and lifestyle advice in a concise and motivating way. Greger's self-help book is driven by his experience as a doctor after noticing the lack of focus on nutrition in medicine. This Instaread review outlines "How Not to Die" into 12 key takeaways, making for a fast read. I especially liked the section on how poor diet is the leading cause of premature death and disability in the United States. A 2010 survey found that 27% of US medical schools met the required nutrition instruction set by the government. And five years later, that number only jumped to 29%. It's scary to think that the silent killer of malnutrition isn't addressed enough in medical schools, leaving our physicians incapable of training us as patients. I love Instaread reviews because they let me stay current with NYT Bestsellers, without taking over my life.

Dr. Michael Greger, in conjunction with Gene Stone, wrote *How Not to Die*, a book extolling the efficacy of plant-based diets, along with exercise and emotional stability in preventing many of the life-threatening conditions that haunt Americans. The book focuses on diet and lifestyle as key ways to prevent the most common causes of death and live to a comfortable and healthy old age. Key Takeaways, Analysis & Review of *How Not to Die* by Michael Greger, MD and Gene Stone by Instaread summarizes the book, giving the key themes and an analysis of the authors' style and background material. While some of their views have not been scientifically proven, in the main, their recommendations for a healthier lifestyle accords with what the scientific community generally accepts. This Instaread Cliff Notes version of the book is an excellent introduction that will aid a busy reader in the decision of whether or not to invest in the book.

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