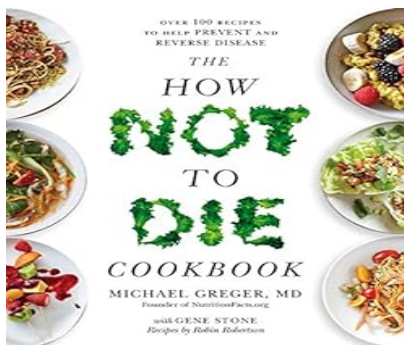


The How Not To Die Cookbook: Over 100 Recipes To Help Prevent And Reverse Disease by Greger, Michael, Stone, Gene By Michael Greger It's a good book to start off with however some recipes are a bit odd and the ingredients I don't believe work together Lais From the author of the global bestseller How Not To Die comes The How Not To Die Cookbook - a lavish beautifully illustrated collection of delicious recipes based on the groundbreaking nutritional science of the original book. Why suffer from disease and ill health when the right food is proven to keep you healthy and without the side effects of drugs? We can avoid heart disease cancer and our other biggest killers if we use food as medicine and the How Not To Die Cookbook offers a sustainable and delicious guide to preparing and eating the foods that will prevent and reverse fatal diseases. Featuring over 100 easy to follow beautifully photographed plant based recipes with plenty of recipes suitable for vegetarians and vegans the How Not To Die Cookbook merges cutting edge science with everyday ingredients from the supermarket to help you and your family eat your way to better health and a longer life. The How Not To Die Cookbook: Over 100 Recipes To Help Prevent And Reverse Disease by Greger Michael Stone Gene A founding member and Fellow of the American College of Lifestyle Medicine Michael Greger MD is a physician New York Times bestselling author and internationally recognized speaker on nutrition food safety and public health issues. He has lectured at the Conference on World Affairs testified before Congress and was invited as an expert witness in the defense of Oprah Winfrey in the infamous meat defamation trial: Dr Michael Greger founder of the wildly popular website NutritionFacts takes his comprehensive lifesaving science into the kitchen. He is a graduate of Cornell University School of Agriculture and Tufts University School of Medicine: His latest book How Not to Die became an instant New York Times Best Seller[1]



Nothing special about this. Some of the recipes are OK but many are quite bland..