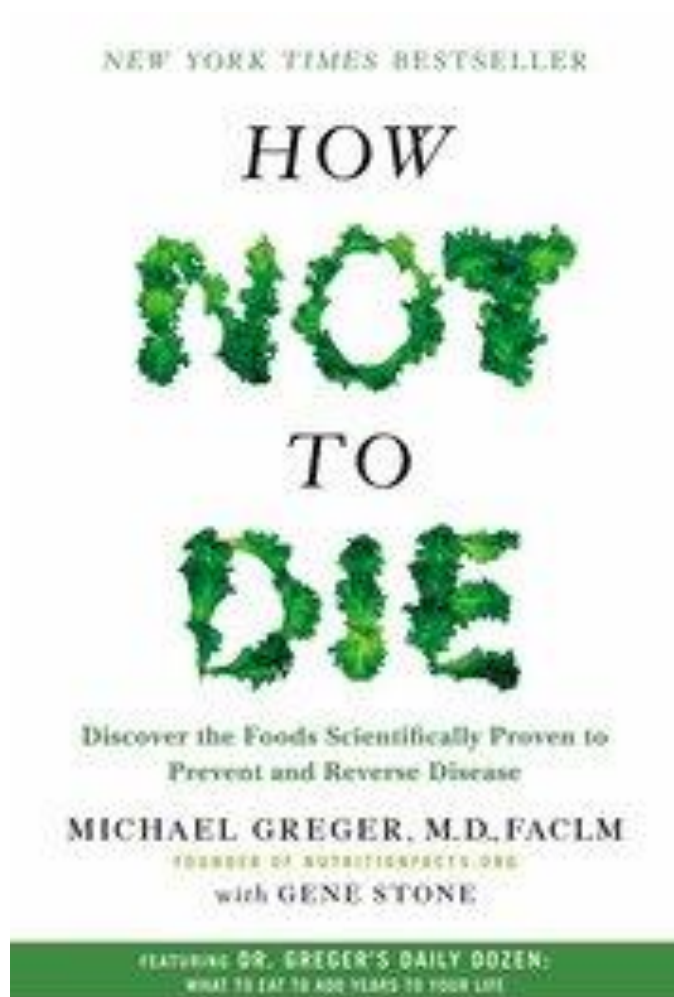


# Michael Greger: How Not to Die: Discover the Proven to Prevent and Reverse Disease Book Summary



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Preface

Bodies heal themselves when stop eating artery clogging foods

nutritionfacts.org

### **Intro**

Diet number one cause of disease

Physicians inadequately trained on nutrition

Risk for diseases change when you move countries and change diets

Best is unprocessed whole plant foods

Four key factors to reduce disease risk

Don't smoke

Don't be overweight

30 min of exercise per day

Eat right

Whole foods

Refined grains, soda, and meat quickens telomere loss

Quality not quantity of food eaten is the key

Telomeres regrow through better food choices and reverse heart disease

Best diet is one that is whole food plant based diet

Discourages meat, dairy, eggs, processed foods

Treat the cause not the symptoms

Reimbursement more impactful than research

Non genetic favors like diet have much bigger impact on disease risk

Twin studies show that diet much more impactful than genes

### **How not to die from heart disease**

Our top killer

No benefit from fish oil supplements or eating fatty fish

Plaque buildup starts in heart shoe in pregnant mom based on her diet

Trans fat and saturated fat worst

Eating animal products and processed junk the worst

Best target cholesterol under 150 and LDL under 70

Diet centered around whole plant food

Healthy diet reverses heart disease

Endotoxins from animal products

Vegan diet reverses angina

Brazil nuts improve cholesterol levels in just a single journal and remains a month later. Just eat 4 per month because have a lot of selenium.

### **How not to die from lung diseases**

Healthy diet protects against lung cancer

Load up on broccoli. Stops metastases.

Kale lowered bad cholesterol

Turmeric prevents cancer

Prenatal exposure to barbecue fumes affects birth size and head size and future cognitive development

Living next to restaurant increases cancer due to exhaust fumes of cooked food. Chinese restaurants worst effect.

Bacon fumes worst

Asthma worse from diet based on animal products

Supplements of vitamins don't help but actual fruit and vegetable intake better

### **How not to die from brain diseases**

High fibre diet reduces risks

Need to eat more potassium. Not potassium. Greens, beans, sweet potato best.

Citrus great. Oranges best.

8 hours of sleep best

Antioxidants. Those fruits like mangoes that don't turn brown when exposed to air. Add lemons to fruit salad so doesn't turn brown.

bit.ly/antioxidant foods

Clogged arteries lead to Alzheimer's

Diet can trump genetics

More saturated fats worse for brain

Berries great for brain health

Saffron best helping spice against Alzheimer's

Cooking with wet methods better than with dry

Aerobic exercise helps cognitive function

### **How not to die from digestive cancers**

Turmeric very good

Fiber intake

### **How not to die from infections**

Sneeze into crook of elbow

Diet strengthens immune system

Kale

Broccoli

Vegetables activate immune system with each meal

Berries

Probiotics

Cardamom

Prebiotics are in beans and whole plant foods and greens

Exercise boosts immune system

Boosting immunity with mushrooms  
Eggs and chicken contaminated with salmonella  
Bladder and uti infections caused by E. coli from chicken

### **How not to die from diabetes**

Insulin resistance  
Higher fat intake leads to insulin resistance  
Kids eating veggie diets grow taller  
Saturated fats in animal foods  
Legumes help prevent diabetes  
Veggie diet better than caloric restriction  
People feel better on plant based diet  
Plants cure diabetes

### **How not to die from high blood pressure**

Over 120 is high blood pressure  
Sodium too much dangerous  
Low sodium diet reverses high blood pressure  
Chicken breasts stuffed with salt in production  
Each thing you eat should have less sodium than calories or grams of serving size  
Dairy and meat raise blood pressures over vegan  
Raw vegetables better than cooked  
Ground flax seed very good  
Beans, chickpeas, Lentils good  
Hibiscus tea good  
Beet juice  
Arugula  
Eat big salad daily

### **How not to die from liver diseases**

Oatmeal, whole wheat, brown rice good  
Make your own cranberry cocktail  
Whole food better than supplement  
Coffee helps

### **How not to die from blood cancers**

Plant diet helps prevent  
Real açai berries actually good  
Cloves, cinnamon, purple cabbage

Curcumin

**How not to die from kidney disease**

Animal protein more acidic than plant

Purple cabbage

Nitrosamines carcinogenic in hot dogs

**How not to die from breast cancer**

Vigorous exercise protects

Better melatonin control helps

Black beans good

Lots of fiber

Apple a day

Broccoli defends

Flax seeds

soybeans

**How not to die for suicidal depression**

Saffron

**How not to die from prostate cancer**

Milk harmful

Eggs linked to prostate progression

Eggs and poultry worst

Add cruciferous vegetables

Igf1

**How not to die from Parkinson's disease**

Reduce dioxin intake

Dairy blocks benefits of berries

Coffee helps

**How not to die from iatrogenic causes of doctors**

Dietary antioxidants better than supplements

Salicylic acid

**Part 2 introduction**

Traffic light system  
Daily dozen  
iPhone app  
Opportunity cost of eating one thing versus another  
What's healthier depends on compared to what  
Nuts, soy foods, whole grains and less meat and dairy  
Traffic light categories in pdf  
Plant vs animal foods  
Unprocessed vs processed foods  
If it came from a plant, eat it. If it was made in a plant, don't.  
Milling of wheat into white flour is processing it  
Unprocessed means nothing bad added, nothing good taken away  
Just scale back unhealthy if can't totally avoid  
3 step method  
Think of 3 green light meals u already enjoy  
Whole grain pasta marinara sauce with veggies  
Think of 3 meals that could be adapted to be green light  
Switch from beef chili to 5 bean chili  
Discover 3 new healthy options  
Forksoverknives.com  
Straightupfood.com  
Happyheathylonglife.com  
PCRM 21 day kick-start program online starts first of every month  
Think of it as an experiment  
What he eats  
The more u eat healthy, the better it tastes  
Greger Daily dozen  
Dry erase board checklist on fridge  
In supplemental pdf  
5 glasses of beverages  
Beans can be any legumes and lentils  
Ground flax seeds  
Turmeric, vinegar  
90 minutes of moderate exercise or 40 minutes of intense  
PB banana sandwich knocks off 4 boxes at once; easy to do several at a time  
Frozen berries in freezer

### **Beans**

Serving is around 0.5-1 cup  
Legumes with every meal: beans, chickpeas, lentils  
Soy  
Miso soup  
Edamame

English peas  
Lentils. Sprouted lentils.  
Buy no salt added canned beans  
Roasted chickpeas  
Black bean brownies

### **Berries**

½ cup per day  
Pigment is the antioxidant so the more color the better  
Strawberries, blackberries  
Fructose only in added sugar bad and contributes to weight gain but not in fruits  
Eating fruits with dessert or white bread slows release of insulin  
Eating crazy high amount of fruit still doesn't have adverse effects  
Frozen berries as nutritious as natural  
Soft serve ice cream made just in blender from frozen  
Tart cherries  
Goji berries helps with macular degeneration  
Black currants help with computer eye strain  
Blending better than juicing

### **Other fruits**

Apples  
Dates  
Mango  
Kiwi  
Citrus and peel

### **Cruciferous vegetables**

Arugula  
Cauliflower, broccoli  
Sprinkle mustard powder to broccoli  
Horseradish  
Roasted cauliflower or broccoli  
Kale chips  
Purple or red cabbage  
Broccoli sprouts and growing own veggies at home in kitchen

### **Greens**

Cup of raw or half cup of cooked  
Spinach  
Chlorophyll eaten by body combines with sunlight to create CoQ10  
Black or Tuscan kale best  
Balsamic glaze  
Green smoothies: liquid, ripe fruit, greens

Fresh mint leaves  
Pair greens with something u love like nuts  
Put everything u eat on a bed of greens  
Vinegar great for blood sugar control  
Even consuming vinegar outside meals good  
Apple cider vinegar  
Salad days  
Avoid alfalfa sprouts because lots of salmonella

### **Other vegetables**

Oyster mushrooms  
Sweet potatoes  
Carrots  
Boiled purple potatoes  
Pair veggies with peanut butter and salad dressing dips  
Kids and adults will eat more when call the fruits and veggies more fun names  
The more parents eat veggies the more kids do  
Cruciferous veggies plus garlic or onion  
Bell peppers best eaten raw  
At least half your plate should be filled with vegetables

### **Flaxseeds**

1 tablespoon ground per day  
Better ground than oil  
Dried fruit and nut bars calorie rich but don't contribute to weight gain  
Trail mix

### **Nuts and seeds**

¼ cup of nuts or 2 tablespoons of butter  
Blended nuts to make creamy sauces  
Walnuts best  
Peanut butter very good  
Nuts boost metabolism  
Pistachio nuts for sexual dysfunction  
ED predicts heart problems  
Eat lots of seeds

### **Herbs and spices**

Quarter teaspoon turmeric per day plus other spices  
Salt-free herbs and spices  
Pick out foods with most vibrant colors  
How to eat turmeric  
Combine with some source of fat  
Fresh turmeric root (¼ inch per day)



Grate onto other veggies  
Can consume with soy  
Good for lentil, brown rice  
Supplements worse  
Saffron  
Fenugreek improves muscle strength  
Cilantro  
Cayenne pepper  
Ginger powder in water relieves migraines and menstrual cramps  
Lemon ginger apple juice or apple juice  
Peppermint  
Oregano and marjoram  
Cloves  
Amla indian spice/fruit. Can buy the powder online or in indian stores. Capsule as last resort.  
Breakfast smoothie recipe in book with antioxidants  
Garam masala  
Spice mixes  
Smoked paprika

### **Whole grains**

3 servings per day  
Lowers inflammation  
Red quinoa better. More color better. Colored rice.  
8 checkmark pesto recipe  
Popcorn  
Bionature brand pasta  
5:1 rule: grams of carbs to grams of fiber should be 5 or less  
Apply same rule to cereals  
Puffed cereal worse than non-puffed  
Oats

### **Beverages**

Teas  
5 glasses tap water per day  
Zero milk per day  
Water is top drink  
Drinking water improves cognitive performance  
Add fruits and berries to water  
Green tea best  
Helps skin and spring allergies  
If add lemon then white tea Better than green  
1 minute steeping enough  
Throw tea leaves into smoothie

Matcha powder

The best sweetener

Blackstrap molasses

Or date sugar

Erithritol best artificial one but only good for increasing consumption of green light foods

Hibiscus tea

Daily tea recipe

Rinse mouth with water after drinking anything sour

### **Exercise**

90 minutes of moderate or 40 min of intense daily

Stand up more

Walking meetings

Standing and treadmill desks

Treat sore muscles with plants

Berries help

<http://www.maxmednik.com>