



**Key Takeaways, Analysis & Review | How Not To Die: by Michael Greger, M.D. with Gene Stone | Discover the Foods Scientifically Proven to Prevent and Reverse Disease**

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## **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...

**PLEASE NOTE: This is key takeaways and analysis of the book and NOT the original book.**

### **Inside this Instaread of How Not To Die:**

- Overview of the book
- Important People
- Key Takeaways
- Analysis of Key Takeaways

### **About the Author**

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