

# HOW NOT TO DIE: Discover the Foods Scientifically Proven to Prevent & Reverse Disease

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## Overview

This book goes through various common ailments from heart disease to cancer to kidney disease. It collates the information from widely available scientific studies and offers suggestions for how to either prevent or reverse many of these diseases. In general, plant-based diets seem to have great effect in mitigating these diseases, while animal products may have significant negative health effects. Read on to learn more about how to mitigate your risk of lung disease, pancreatic cancer, and infections, while becoming informed on the issues of modern medicinal advice.

### Chapter I: How Not to Die from Heart Disease

Coronary heart disease is the leading cause of death in the US, and typical American food is liable – fatty foods like hamburgers and French fries contribute to atherosclerosis. This buildup of plaque in your arteries and blood vessels hinders blood circulation, often causing chest pressure, inadequate blood flow to the heart, and blood clots which plaque bursts.

Research shows that compared to the US, other countries have a much lower heart attack rate, which is attributed largely to diet. People in China and Uganda, where coronary heart disease is virtually nonexistent, have plant-based diets and correspondingly low cholesterol levels. Many Americans rely on taking supplements, yet these are not substitutes for nutrients from food. For instance, a review by the *Journal of American Medical Association* found no significant correlation between taking fish oil pills and lowered risk of heart issues. In contrast, a study found that consuming Brazil nuts quickly lowered participants' LDL cholesterol levels long-term.

Many individuals develop fatty streaks in their blood vessels – the first stage of atherosclerosis – while others are born with them, which makes reversing heart disease (rather than preventing it) a priority. Individuals are truly at risk if the streaks become

plaques. According to the *American Journal of Cardiology*, high LDL cholesterol levels is the only significant cause of plaque buildup. You can lower your LDL level by reducing consumption of trans fat, saturated fat, and dietary cholesterol (animal products).

### Chapter II: How Not to Die from Lung Disease

Lung disease is the 2<sup>nd</sup> leading cause of death in the US, but like heart disease, is usually preventable.

- **Lung cancer** causes 160,000 deaths per year, 90% of which result from smoking or other tobacco use despite widespread knowledge of its risks.
- **Chronic pulmonary obstructive disease (COPD)** damages tiny air sacs in the lungs, causes inflammation of the airways, and increases mucus production, leading to severe coughing, wheezing, and chest tightness.
- **Asthma** induces narrowed and swollen airways, fits of wheezing and coughing, and shortness of breath. Children commonly develop asthma.

A healthy diet filled with fruits, vegetables, and herbs can considerably lower the risk of developing these diseases, and mitigating tobacco use can help wheezing or a weakened immune system. One study found that when longtime smokers consumed 25× more broccoli than the average American for 10 days, their DNA had fewer mutations than non-broccoli-eating smokers. Another study concluded that ingesting a teaspoon of turmeric spice each day reduced smokers' DNA mutations. Considering that cancer originates from DNA mutations, these results suggest food can truly influence the chance of cancer. Quitting smoking also positively impacts heart health by lowering heart rate and blood pressure.

### Chapter III: How to Not Die from Brain Diseases

- **Strokes** result from ruptured plaques in the arteries that cut off blood flow to an area of the brain. The effect depends on what area was oxygen deprived.



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