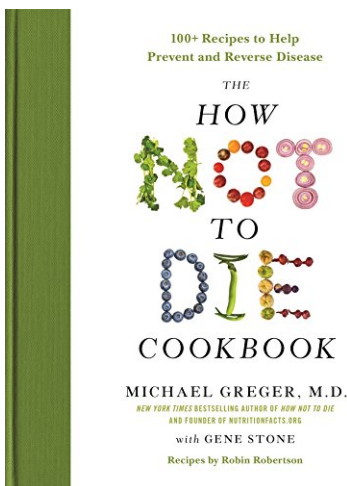


[PDF] The How Not To Die Cookbook: 100+ Recipes To Help Prevent And Reverse Disease

M.D. Michael Greger MD, Gene Stone - pdf download free book



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Title: The How Not to Die Cookbook:
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Description:

From Michael Greger, M.D., FACLM, the physician behind the trusted and wildly popular website Nutritionfacts.org, and author of the *New York Times* bestselling book *How Not to Die*, comes a beautifully-designed, comprehensive cookbook complete with more than 120 recipes for delicious, life-saving, plant-based meals, snacks, and beverages.

Dr. Michael Greger's first traditionally published book, *How Not to Die*, presented the scientific evidence behind the only diet that can prevent and reverse many of the causes of premature death and disability. Now, *The How Not to Die Cookbook* puts that science into action. From Superfood Breakfast Bites to Spaghetti Squash Puttanesca to Two-Berry Pie with Pecan-Sunflower Crust, every recipe in *The How Not to Die Cookbook* offers a delectable, easy-to-prepare, plant-based dish to help anyone eat their way to better health.

Rooted in the latest nutrition science, these easy-to-follow, stunningly photographed recipes will appeal to anyone looking to live a longer, healthier life. Featuring Dr. Greger's Daily Dozen—the best ingredients to add years to your life—*The How Not to Die Cookbook* is destined to become an essential tool in healthy kitchens everywhere.

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