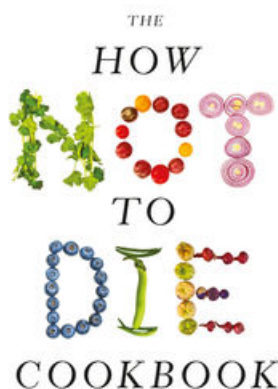


# Télécharger Livres Gratuit The How Not To Die Cookbook (PDF | ePub | Mobi) Dr Michael Greger DataBase Book

FROM THE INTERNATIONALLY BESTSELLING AUTHOR OF *HOW NOT TO DIE*

Over 100 Recipes to Help  
Prevent and Reverse Disease



MICHAEL GREGER, MD  
Founder of NutritionFacts.org  
with GENE STONE  
Recipes by Robin Robertson

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.

Dr Michael Greger, founder of the wildly popular website NutritionFacts, takes his comprehensive, lifesaving science into the kitchen. 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.

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