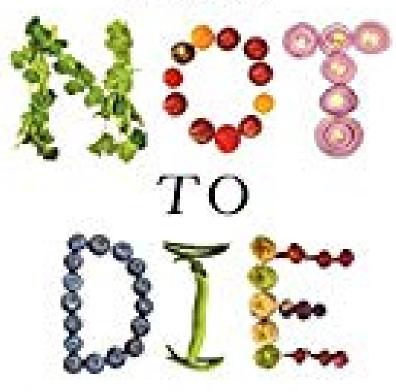
## 100+ Recipes to Help Prevent and Reverse Disease

THE





## COOKBOOK

## MICHAEL GREGER, M.D.

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Recipes by Robin Robertson

## Michael Greger M.D. and

The How Not to Die Cookbook: 100+ Recipes to Help Prevent and Reverse Disease



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From Michael Greger, M.The How Never to Die Cookbook is destined to become an essential tool in healthy kitchens everywhere., FACLM, the physician behind the trusted and wildly well-known internet site Nutritionfacts.Rooted in the latest nutrition technology, these easy-to-follow, stunningly photographed recipes will appeal to anyone looking to live a longer, healthier existence.Dr. Michael Greger's Daily Dozen— Greger' 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 presents a delectable, easy-to-prepare, plant-based dish to greatly help anyone eat their way to raised health.org, and author of the New York Times bestselling reserve How Never to Die, comes a beautifully-designed, in depth cookbook complete with more than 120 recipes for delicious, life-saving, plant-based meals, snack foods, and drinks. Featuring Dr. Today, The How Not to Die Cookbook puts that science into actions.s bestselling book, How Never to Die, presented the scientific evidence behind the only diet plan that can prevent and reverse most of the causes of premature loss of life and disability.the best ingredients to add years to your life—D.



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