

# AN ANATOMY OF *HOW NOT TO DIE*

Discover the Foods Scientifically Proven to Prevent Disease and Add Years to Your Life

**STRAWBERRIES** have been shown to **reverse the development of esophageal cancer**.

**DRIED APPLES** **lower bad cholesterol**.

**HIBISCUS TEA** has been shown to **reduce blood pressure**.

One extra serving of **FRUIT** per day may **reduce your risk of dying from chronic obstructive pulmonary disease by 24%**.

Adding 5 cups per week of **LENTILS, CHICKPEAS, SPLIT PEAS, or NAVY BEANS** can result in **weight loss and may reduce the risk of diabetes**.

**GROUND FLAXSEED** may help **prevent prostate cancer**.

**SAFFRON** has been shown to **treat depression** as effectively as Prozac.

**BELL PEPPERS** have been associated with significantly **lower risk of Parkinson's**.

Increasing **FIBER** intake by 7 grams per day may result in a **7% reduction in risk of stroke**.

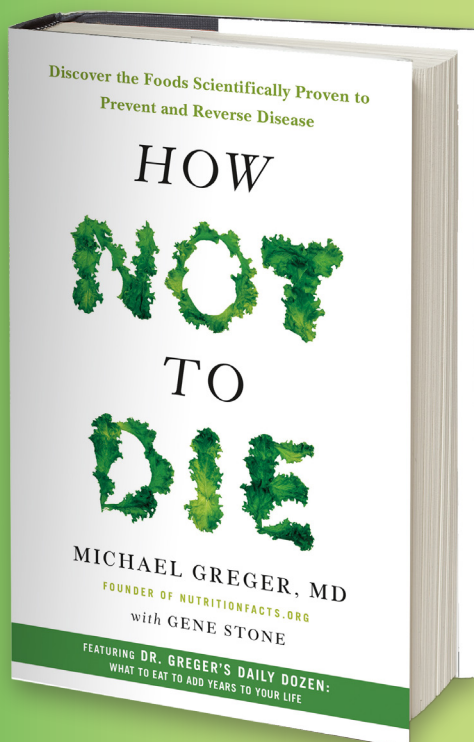
**MUSHROOMS** have been proven to **boost immune system activity** and may **reduce the incidence of upper respiratory infection**.

**GREEN TEA** is associated with a **30% reduction in breast cancer risk**.

**COFFEE** can **reduce liver inflammation**.

**TURMERIC** may make **colorectal polyps disappear**.

**BROCCOLI** may **double bladder cancer survival**.



**F**ifteen leading killers cause the deaths of more than 1.75 million Americans every year. 375,000 Americans die from heart disease annually. Diabetes and high blood pressure kill more than 100,000 people. What if a doctor told you there was a specific diet that has been proven to help prevent these afflictions? That doctor is Michael Greger. The founder of nutritionfacts.org, Dr. Greger has devoted his career to combing through the science that proves how a plant-based diet can prevent premature death. It's time to start living and learn *How Not to Die*.

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