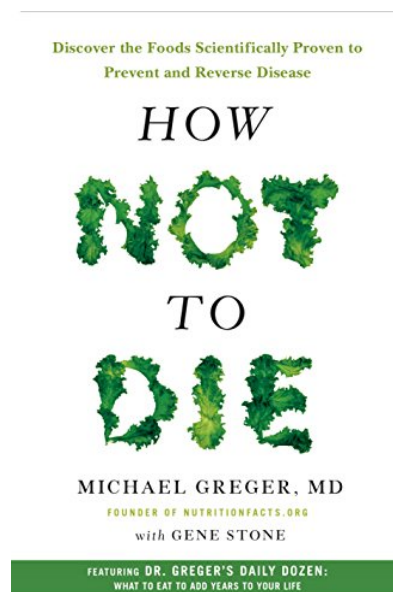


# How Not to Die Book Summary (PDF) by Michael Greger, MD, and Gene Stone

Ready to learn the most important takeaways from How Not to Die in less than two minutes? Keep reading!



## Why This Book Matters:

How Not to Die explains that our diet plays a massive role in our overall health, encouraging us to invest in a plant-based diet to boost our antioxidants and fight disease.

## The Big Takeaways:

- 1. An unhealthy way of eating is the leading cause of early death.**
  1. If Though a diet full of unhealthy food has proven to kill, many medical professionals choose to ignore this fact.
- 2. Eating a diet primarily of plants and plant-derivatives can be a better method of healing than medication.**
  1. Those who eat mostly plant products have proven they are less likely to struggle with disease.

**3. Berries and other fruits help keep illness away.**

1. Berries are known to be rich in antioxidants that help cleanse the body.

**4. People need vegetables.**

1. All vegetables hold a nutritional value that benefits the well-being of humans.

**5. The addition of herbs and spice make a dish more flavorful and combat disease.**

1. Herbs and spices have the most healing properties and can easily double the number of antioxidants in a recipe.

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