



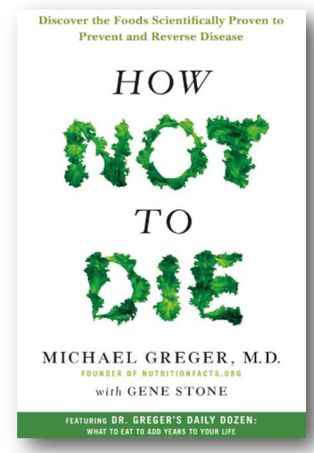
# How Not to Die:

Discover the Foods Scientifically

Proven to Prevent and Reverse Disease

## Top 15 Leading Causes of Death:

Heart Disease, Lung Diseases, Brain Diseases, Digestive Cancers, Infections, Diabetes, High Blood Pressure, Liver Diseases, Blood Cancers, Kidney Disease, Breast Cancer, Suicidal Depression, Prostate Cancer, Parkinson's Disease, Iatrogenic Causes



You are here and you are committing to progress.

**Assess** - Evaluate current habits and think about how you would like things to be different.

**Purpose** - Find your why and your reason for wanting to make a healthy change.

**Prioritize** - What do you need to do to make this a priority in your life?

**Mindset** - Determine how you will choose to think about your change efforts.

**Game Plan** - Determine what is required and what strategies would yield the great return/reward. Set a specific, measurable, attainable, realistic, and time-oriented goal to reach for.

**Action** - Put the game plan into motion and implement strategies you came up with to help you achieve your goal.

**Reflect** - Think back on what you accomplished and what you learned from the experience.

**Improve** - Continue to progress and consider using this strategy to improve in another area of your life.

**Lead** - Lead by example and serve others. You are able to demonstrate to others what is possible and have a positive influence on them.



## What will you do immediately to take action?

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Download and use Dr. Greger's Daily Dozen App

Bookmark and use [www.nutritionfacts.org](http://www.nutritionfacts.org)

Eat 5-10+ servings of produce (fruit, veg., grains, leg.) daily

Walk/exercise a minimum of 30 minutes daily

Avoid toxins (alcohol, drugs, chemicals in food, etc.)

Drink only water and occasional healthful herbal teas

Other: \_\_\_\_\_