



How Not to Die –

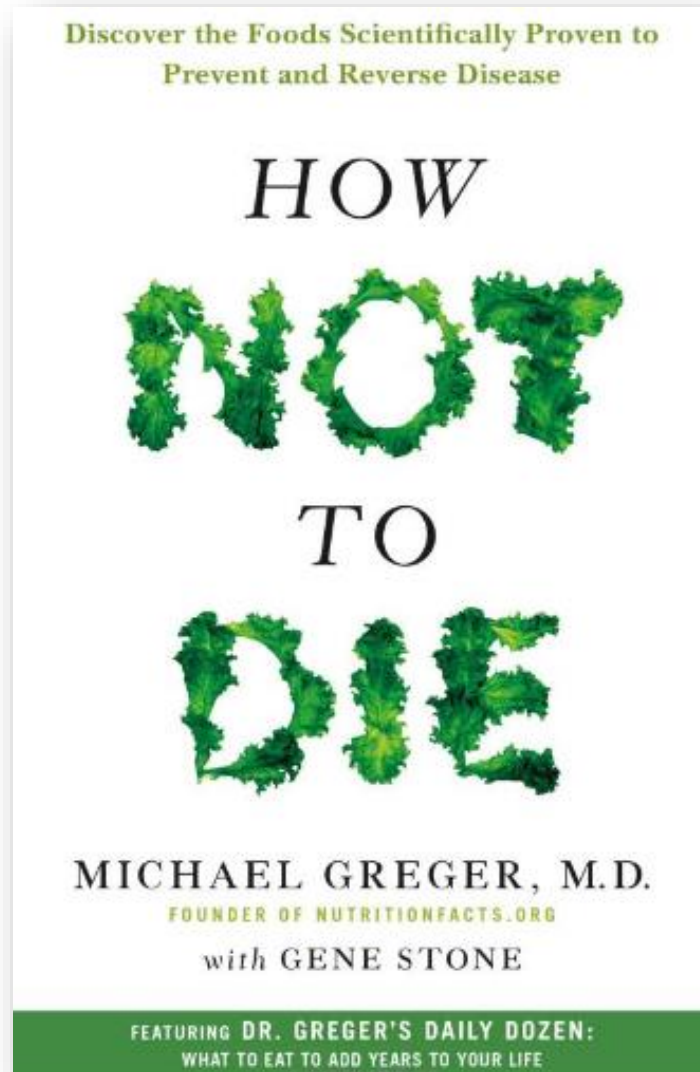
Discover the Foods Scientifically Proven
to Prevent and Reverse Disease

Objectives

- How Not to Die
- Dr. Greger's Daily Dozen
- Conclusion

Please remember: The Content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

How Not to Die



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- ▶ Medical Doctor, Author, Speaker
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- ▶ Books:
 - ▶ How Not to Die
 - ▶ How Not to Diet
 - ▶ Carbophobia - The Scary Truth About America's Low Carb Craze

How Not to Die – An Animated Summary



<https://www.youtube.com/watch?v=rsfGpN7OKh4&t=2s>

How Not to Die



<https://www.youtube.com/watch?v=xnKaOL2IBPY>

How Not to Die

#	Mortality Type – United States of America	Annual Deaths
1	Coronary Heart Disease	375,000
2	Lung Diseases (lung cancer, COPD, and asthma)	296,000
3	Iatrogenic Causes (Death by medical care, infections, doctors, medicines, etc.)	225,000
4	Brain Diseases (stroke and Alzheimer’s Disease)	214,000
5	Digestive Cancers (colorectal, pancreatic, and esophageal)	106,000
6	Infections (respiratory and blood)	95,000
7	Diabetes	76,000
8	High blood pressure	65,000
9	Liver disease (cirrhosis and cancer)	60,000
10	Blood cancers (leukemia, lymphoma and myeloma)	56,000
11	Kidney Disease	47,000
12	Breast Cancer	41,000
13	Suicide	41,000
14	Prostate Cancer	28,000
15	Parkinson’s Disease	25,000

How Not to Die from Heart Disease



- America's #1 killer is a different kind of terrorist: fatty deposits in the walls of your arteries call atherosclerotic plaque.
- Just as we could avoid sugary foods that rot our teeth, we can avoid the trans fat, saturated fat, and cholesterol-laden foods that clog up our arteries.
- Heart Disease starts in childhood. The first stage of atherosclerosis may have been found in nearly all American Children by age 10. By the time we reach our twenties and thirties, these fatty streaks can turn into full-blown plaques. And, by the time we're forty or fifty, they can start killing us off.
- It's the Cholesterol. An LDL cholesterol around 70 mg/dl corresponds to a total cholesterol of about 150, the level below which no deaths from coronary heart disease were reported in the famous Framingham heart study. If such a goal was created the great scourge of the Western world would be essentially eliminated. The average cholesterol for most Americans is around 200 mg/dl.
- To become virtually heart-attack proof you need to get your LDL cholesterol at least under 70 mg/dl. There are two ways to achieve this for our population: to put more than a hundred million Americans on a lifetime of medications or to recommend they all eat a diet centered around whole plant foods.

How Not to Die from Heart Disease



- Want Fries with That Lipitor. The cholesterol-lowering statin drug Lipitor has become the best-selling drug of all time, generating more than \$140 billion in global sales.
- Plant based diets have been shown to lower cholesterol just as effective as first-line statin drugs, but without the risks. In fact, the “side effects” of healthy eating tend to be good – less cancer and diabetes risk and protection of the liver and brain.
- Heart Disease is reversible. You can choose to stop damaging yourself, get out of your own way, and let your body’s natural healing process bring you back toward health.
- Endotoxins (bacterial toxins) crippling your arteries. Certain foods such as meats, appear to harbor these bacteria that can trigger inflammation dead or alive, even when the food is fully cooked. Endotoxins are not destroyed by cooking temperatures, stomach acid, or digestive enzymes. So after a meal of animal products, these endotoxins may end up in your intestines. They are then thought to be ferried by saturated fat across the gut wall into your blood stream, when they can trigger the inflammatory reaction in your arteries.

How Not to Die from Heart Disease



- Research showing that coronary heart disease can be reversed with a plant based diet – with or without healthy lifestyle changes – has been published for decades in some of the most prestigious medical journals in the world. Why hasn't this news translated into public policy yet.
- Recently, it was uncovered that many members of the U.S. Dietary Guidelines committee had financial ties to everything from candy bar companies to entities like McDonald's Council on Healthy Lifestyles and Coca-Colas Beverage Institute for Health and Wellness.
- What about the medical profession? Most medical schools don't even require a single course on nutrition, but what's even worse is that mainstream medical organizations actively lobby against nutrition education for physicians.
- Doctors went from being bystanders – or event enablers – of smoking to leading the fight against tobacco. Today, Plant-Based diets are the nutritional equivalent of quitting smoking.

How Not to Die from Heart Disease



HOW NOT TO DIE FROM Heart Disease



Michael Greger M.D.

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<https://www.youtube.com/watch?v=LXigmGZk5FU>

How Not to Die from Lung Disease



- America's number-two killer, lung disease, claims the lives of about 300,000 people each year. Three types that kill the most people: Lung Cancer, Chronic Obstructive Pulmonary Disease (COPD) and Asthma.
- Lung Cancer is the #1 cancer killer. Most of the 160,000 lung cancer deaths are the direct result of smoking. However, a healthy diet can mitigate the DNA-damaging effects of tobacco smoke, as well as perhaps prevent lung cancer from spreading.
- COPD kills approximately 140,000 people annually, from either damage to the walls of the tiny air sacs in the lungs (emphysema) or from inflamed and thickened airways plugged with thick mucus (chronic bronchitis).
- Asthma, which claims 3,000 lives each year, is one of the most common chronic diseases among children, yet it may be largely preventable with a healthier diet. Research shows a few extra servings of vegetables can reduce the number of cases with asthma during childhood and the number of asthma attacks among people with the disease.

How Not to Die from Lung Disease



<https://www.youtube.com/watch?v=8QLIX6Knzcl>

How Not to Die from Brain Disease



- Unlike a problem with your foot or your back or even another vital organ, brain disease can attack your *self*.
- The two most serious brain diseases are stroke, which kills nearly 130,000 Americans each year, and Alzheimer's disease, which kills nearly 85,000.
- Strokes can be thought of as “brain attacks” – but the rupturing plaques in you arteries cut off blood flow to parts of the brain rather than to parts of the heart.
- Alzheimer's disease is more like a “mind attack.” Plaques made of a substance called amyloid develop in the brain tissue itself, associated with the loss of memory and, eventually the loss of life.
- High fiber diet not only helps improve bowel health but it also reduces the risk of cancers of the colon and breast, diabetes, heart disease, obesity, and premature death in general. About 97% of Americans eat a fiber-deficient diet.
- Eat plenty of potassium, citrus fruits and antioxidants.
- Get plenty of sleep and physical activity/exercise.

How Not to Die from Brain Disease



<https://www.youtube.com/watch?v=t-noCw4LsY4>

How Not to Die from Digestive Cancers



- Three of the most common cancers of the digestive tract kill approximately one hundred thousand Americans each year. Colorectal (colon and rectal) cancer, which claims fifty thousand lives annually, ranks among the most commonly diagnosed of all cancers.
- In addition to keeping your regular, fiber bind to toxins, such as lead and mercury, and flushes them away (pun intended!).
- Our bodies were designed to expect an ever-flowing fiber stream, so it dumps unwanted waste products as excess cholesterol and estrogen into the intestines, assuming they will be swept away.
- If you aren't constantly filling your bowels with plant foods, the only natural source of fiber, unwanted waste products can get reabsorbed and undermine your body's attempts at detoxifying itself.

How Not to Die from Digestive Cancers



<https://www.youtube.com/watch?v=KDRazSapYew>

How Not to Die from Infections

- Prevent infectious diseases with a healthy immune system. Certain fruits and vegetables may give the immune function an extra boost (i.e. kale, broccoli, etc.)
- Boost natural killer cell activity with berries. For disease prevention, berries of all colors have emerged as champion.
- Prevent the common cold with probiotics. When you eat fresh produce you get both pre and probiotics into your gut.
- Boost your immune system with exercise. You can boost your immune system for free and by so much that you can achieve a 25-50% reduction in sick days.
- Food poisoning (80% of the antimicrobial drugs sold in the U.S. every year now go to the meat industry).
 - Eggs and Salmonella
 - Poultry and Salmonella
 - Fecal Bacteria and Meat
 - Chicken and Urinary Tract Infections
 - Yersinia in pork
 - C. Difficile Superbugs in Meat

How Not to Die from Infections



<https://www.youtube.com/watch?v=FIYAu1dKVQE>

How Not to Die from Diabetes

- Diabetes mellitus is characterized by chronically elevated levels of sugar in your blood. This is because your pancreas gland isn't making enough insulin or because your body becomes resistant to insulin's effects.
- The insulin-deficiency disease is called Type 1 Diabetes and the insulin-resistance disease is called Type 2 Diabetes.
- Preventing Diabetes by eating more. Those eating plant based diets have been found to have better insulin sensitivity, better blood sugar levels, better insulin levels, and even significantly improved function of their beta cells (pancreas cells that produce insulin).
- Reversing Diabetes with food. Eating a plant-based diet were able to improve their insulin resistance and significantly lower A1c and blood glucose levels

How Not to Die from Diabetes



**HOW NOT TO DIE
FROM
Diabetes**



Michael Greger M.D.



How Not to Die from High Blood Pressure



- The #1 risk factor for death in the world is high blood pressure. Also known as hypertension, high blood pressure lays waste to nine million people worldwide every year. It kills so many people because it contributes to death from a variety of causes, including aneurysms, heart attacks, heart failure, kidney failure and stroke.
- First number is your “systolic” and represents the pressure in your arteries as your blood pumps from the heart. The second number is your “diastolic” and represents the pressure in your arteries while the heart is resting between beats.
- A low sodium diet centered around whole plant foods appears to be the best way to bring down high blood pressure. Other items to help reduce your blood pressure include: ground flaxseeds, hibiscus tea, and nitrate rich vegetables. Top nitrate sources include:
 - Arugula, Rhubarb, Cilantro, Butter leaf lettuce, mesclun greens, basil, beet greens, oak leaf lettuce, Swiss chard and beets.

How Not to Die from High Blood Pressure



HOW NOT TO DIE FROM High Blood Pressure



<https://www.youtube.com/watch?v=lupPd8SsZNc>

How Not to Die from Liver Disease



- Roughly 60,000 Americans die of liver disease every year, and the death rates have risen each of the last five years.
- The most common causes, however, are drink and food: alcoholic liver disease and fatty liver disease.
- Alcoholic Liver Disease:
 - After diet and inactivity the third leading killer was Alcohol. About $\frac{1}{2}$ of alcohol related deaths were due to sudden causes like motor vehicle accidents; however, the other $\frac{1}{2}$ were due to alcoholic liver disease.
 - Excessive alcohol consumption can lead to an accumulation of fat in the liver (fatty liver), which can cause inflammation, scarring and eventually liver failure. Progression of the disease can be by stopping drinking; however, sometimes it is too late.
- Non-Alcoholic Liver Disease (NAFLD):
 - The most common cause of fatty liver is not alcohol but HAFLD. This disease affects and estimated seventy million people (roughly $\frac{1}{3}$ adults).
 - Your best bet for avoiding NAFLD is to avoid excess calories, cholesterol, saturated fat and sugar.
- Avoid excess consumption of alcohol, calories, cholesterol, saturated fat and sugar.

How Not to Die from Liver Disease



https://www.youtube.com/watch?v=z7_eGXuTlIE

How Not to Die from Blood Cancers



- Blood cancers can be categorized into three types: Leukemia, Lymphoma and myeloma.
 - Leukemia is a disease in which the bone marrow feverishly produces abnormal white blood cells. These abnormal cells impair the ability of your bone marrow to produce normal red and white cells by crowding out healthy ones, creating a diminished health blood cell count that can lead to anemia, infection, and eventually death. Each year 52,000 Americans are diagnosed and 24,000 die from it each year.
 - Lymphoma is a blood cancer of lymphocytes, which are specialized types of white blood cells. Lymphoma cells multiply quickly and can collect in your lymph nodes, small immune organs that are spread throughout the body, including the armpits, neck, and groin. Lymph nodes help filter your blood. Like leukemia, lymphoma can crowd out healthy cells and impair your ability to fight infections. Each year there are 70,000 new cases of non-Hodgins lymphoma and about 19,000 deaths.

How Not to Die from Blood Cancers



- Blood cancers can be categorized into three types: Leukemia, Lymphoma and myeloma.
 - Myeloma is a cancer of plasma cells, which are white blood cells that produce antibodies, the proteins that stick to invaders and infected cells to neutralize or tag them for destruction. Cancerous plasma cells can displace healthy cells from your bone marrow and make abnormal antibodies that can clog the kidneys. Each year there are 24,000 people are diagnosed with multiple myeloma and 11,000 die. Though treatable, multiple myeloma is considered incurable. That's why prevention is key.
- The incidence of leukemia, lymphoma and multiple myeloma among those eating a vegetarian diet is nearly half that of those eating meat. Protection likely to derive from both the avoidance of foods tied to liquid tumors, such as poultry, as well as the additional consumption of fruits and vegetables. Greens may be particularly useful for non-Hodgkin's lymphoma and turmeric for multiple myeloma.

How Not to Die from Blood Cancers



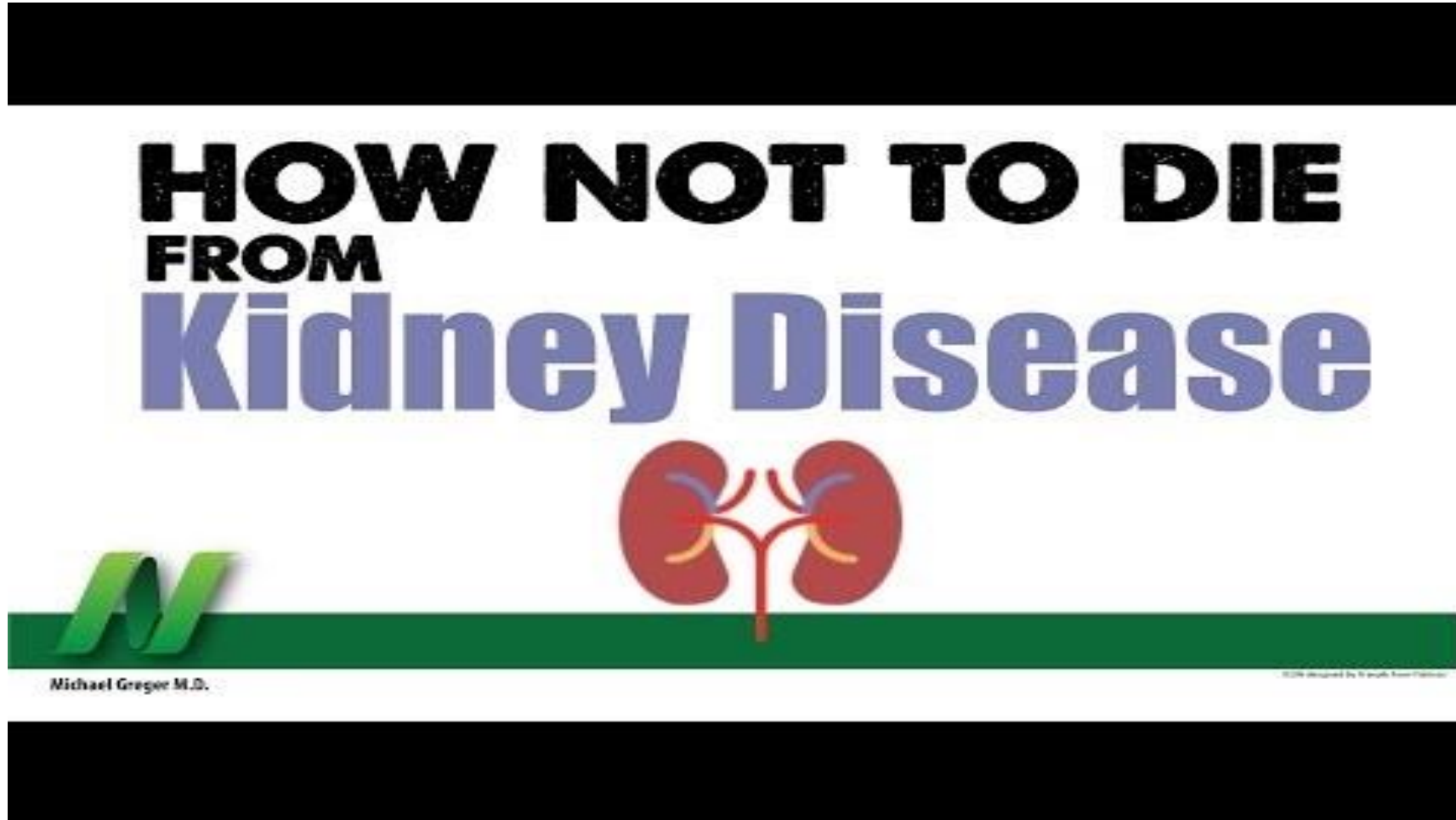
<https://nutritionfacts.org/video/hot-dogs-leukemia/>

How Not to Die from Kidney Disease



- Your kidneys work around the clock, like a high-tech, non stop water filter for your blood. The process up to 150 quarts of blood every 24 hours just to make 1-2 quarts of urine you pee out each day.
- If your kidneys do not function properly, metabolic waste products can accumulate in the blood and eventually lead to such symptoms as weakness, shortness of breath, confusion, and abnormal heart rhythms.
- The good news is that the diets that are healthiest for our hearts (those centered around unprocessed plant foods) may be the best way to prevent and treat kidney disease as well.
- The meat-sweet American diet can slowly damage your kidneys one meal at a time, forcing the kidneys into a state of hyper-filtration. Imagine how long your car engine would last if you always revved it near the red line? Thankfully, medical science has proven that you can reduce your kidneys' workload by moving toward a more plant-based diet.

How Not to Die from Kidney Disease



https://www.youtube.com/watch?v=SYIREuH_PPI

How Not to Die from Breast Cancer



- Ever year, about 230,000 are diagnosed with breast cancer, and 40,000 die from it. Breast Cancer does not occur overnight. That lump that you feel in the shower one morning may have started forming decades ago. By the time doctors detect the tumor, it may have been present for 40 years or longer.
- The American Institute for Cancer Research (www.aicr.org) is considered one of the world's leading authorities on diet and cancer; their dietary message was to consume a diet that revolves around whole plant foods (vegetables, whole grains, fruits and beans) because it cuts the risk of many cancers, and other diseases as well.
- In 2010, the official World Health Organization (WHO) body that assesses cancer risk formally upgraded its classification of alcohol to a definitive human breast carcinogen. In 2014, it clarified its position by stating that, regarding breast cancer, no amount of alcohol is safe.
- Women who produce more melatonin have lower rates of breast cancer.

How Not to Die from Breast Cancer



- Physical Activity and exercise is considered a promising preventive measure against breast cancer, only because it helps with weight control but because exercise tends to lower circulating estrogen levels.
- Heterocyclic Amines (HCAs) are described by the National Cancer Institute as “chemicals formed when muscle meat, including beef, pork, fish, and poultry, is cooked using high-temperature methods. These cooking methods include roasting, pan frying, grilling and baking. The longer meat is cooked, the more HCAs form.
- Meat paradox – cooking meat thoroughly reduces the risk of contracting foodborne infections, but cooking meat too thoroughly may increase the risk of foodborne carcinogens.
- Inadequate fiber may also be a risk factor for breast cancer. Unfortunately, the average American woman appears to eat less than 15 grams of fiber daily – about ½ the minimum daily recommendation.
- Preventing breast cancer by any greens necessary.

How Not to Die from Breast Cancer



- Soybeans naturally contain another class of phytoestrogens called isoflavones. Phytoestrogens dock into the same receptors as your own estrogen but have a weaker effect, so they can act to block the effects of your more powerful animal estrogen.
- The quantity of phytoestrogens in just a single cup of soy milk may reduce the risk of breast cancer returning by 25%. The improvements in survival for those eating more soy foods was found both in women whose tumors were responsive to estrogen and those whose tumors were not.

How Not to Die from Breast Cancer



<https://youtu.be/nQ7GzDMEhgQ/>

How Not to Die from Suicidal Depression



- Healthy food can have a powerful effect on mood.
- Nearly 40,000 Americans take their own lives each year, and depression appears to be a leading cause. Thankfully, lifestyle interventions can help repair your mind as well as your body.
- Studies on the emotional health and mood states of those eating plant-based diets suggest that eating less meat isn't just good for us physically; it's good for us emotionally too.
- Plant based diets experience improved digestion, increased energy, and better sleep, as well as significant improvement in their physical functioning, general health, vitality, and mental health.
- The pro-inflammatory compound arachidonic acid found in animal products can “adversely impact mental health via a cascade of neuro-inflammation. The body metabolizes arachidonic acid into inflammatory chemicals; which can lead to inflammation in our brains. The top five sources of arachidonic acid in the American diet are chicken, eggs, beef, pork and fish.

How Not to Die from Suicidal Depression



- Higher consumption of vegetables may cut the odds of developing depression by as much as 62%.
- Even on a day-to-day basis, studies have shown that the more fruits and vegetables you eat, the happier, calmer, and more energetic you may feel that day – as this positivity can spill over into the next day.
- For your diet to have a meaningful psychological impact, though, you may need to consume approximately seven servings of fruits or eight servings of vegetables per day. More is better.
- People who eat high-carbohydrate diets experience significantly less depression, hostility, and mood disturbance than those eating a low carbohydrate diet.
- Even a single exercise session can elevate mood and physical activity is associated with decreased symptoms of depression. No matter the setting – exercise appeared to work about as well as drugs to bring depression into remission.

How Not to Die from Suicidal Depression



<https://www.youtube.com/watch?v=U9rx9wQrVdk>

How Not to Die from Prostate Cancer



- The prostate is a walnut-sized gland located between the bladder and base of the penis, just in front of the rectum. It surrounds the urethra, the outlet from the bladder, and secretes the fluid portion of semen. Just as glandular tissue in the breast can become cancerous, so can glandular tissue in the prostate.
- Autopsy studies show that about half of men over the age of eighty have prostate cancer. Most men die with cancer without ever knowing they had it. However, not all men are this lucky – nearly 28,000 men die each year from prostate cancer.
- Mother nature designed cow's milk to put a few hundred pounds on a baby calf within a few months. Leading Harvard University nutrition experts have expressed concern that the hormones in dairy products and other growth factors could stimulate the growth of hormone-sensitive tumors.
- Regardless of whether cancer patients elect for chemo, surgery or radiation, they can always improve their diets. A prostate-healthy diet is a breast-healthy diet is a heart-healthy diet is a body-healthy diet.
- Avoid or significantly reduce cow's milk, eggs, poultry and other meats.

How Not to Die from Prostate Cancer



- Insulin-like growth factor (IGF-1) is a chemical signal that regulates cell growth. Levels go up when you are a kid in order to power your development, but when you reach adulthood, IGF-1 levels diminish. It's your body's cue to stop producing more cells than it kills off. The more IGF-1 you have in your blood stream, the higher your risk for developing cancers, such as prostate cancer.
- Exercise helps but at the end of the day, thousands of hours in the gym appeared to be no match for a plant-based diet.

How Not to Die from Prostate Cancer



<https://www.youtube.com/watch?v=mffGLuctKoE>

How Not to Die from Parkinson's Disease

- Second most common neurodegenerative disease after Alzheimer's.
- Parkinson's is a disabling disorder affecting the speed, quality, and ease of movement. It's hallmark symptoms, which worsen as the disease progresses, include hand tremors, limb stiffness, impaired balance, and difficulty walking. It can also affect mood, thinking and sleep.
- Parkinson's disease is not currently curable and typically presents itself after age fifty.
- A history of head trauma can increase risk; however, most people may be likely to develop the disease from toxic pollutants in our environment that can build up in the food supply and eventually affect the brain.
- According to research, the bodies of most women in the U.S. are contaminated with heavy metals, along with a number of toxic solvents, endocrine disrupting chemicals, fire retardants, chemicals from plastics, polychlorinated biphenyls (PCBs), and banned pesticides such as DDT.

How Not to Die from Parkinson's Disease

- When it comes to the fat-soluble pesticides and pollutants, every time you eat a burger, you are, in effect, eating everything the burger ate. The best way to minimize your exposure to industrial toxins may be to eat as low as possible on the food chain, a plant-based diet.
- Dioxins are highly toxic pollutants that accumulate in the fat of animal tissue, such that about 95% of human exposure comes from eating animal products. Researchers have estimated that a plant-based diet could wipe out about 98% of your dioxin intake.
- A significant amount of research shows that smoking tobacco is indeed associated with significantly lower incidence of Parkinson's disease.
- Parkinson's patients have been found to have elevated levels of an organochlorine pesticide in their blood streams, the class of largely banned pesticides that includes DDT. Autopsy studies have also found elevated levels of pesticides in the brain tissue of those with Parkinson's.

How Not to Die from Parkinson's Disease

- There are a number of simple things you can do that may decrease your risk of dying from Parkinson's disease.
 - You can wear seatbelts and bicycle helmets to avoid getting hit in the head
 - You can exercise regularly
 - Avoid becoming overweight
 - Consume peppers, berries, and green tea
 - Minimize your exposure to pesticides, heavy metals, and dairy and other animal products.

How Not to Die from Parkinson's Disease



<https://www.youtube.com/watch?v=fBwU4EIBxU>

How Not to Die from Iatrogenic Causes

- Modern medicine isn't nearly as effective as most people think. Doctors excel at treating acute conditions, such as mending broken bones and curing infections, but for chronic diseases, which are the leading causes of death and disability, conventional medicine doesn't have much to offer and, in fact, can sometimes do more harm than good.
- Side effects from medications given in hospitals kill an estimated 106,000 Americans every year. That statistics alone effectively makes medical care the sixth-leading cause of death in the U.S.
- An additional 7,000 people die ever year from receiving the wrong medication by mistake, and 20,000 others die from hospital errors. Hospitals are dangerous places, and that's not even counting the estimated 99,000 deaths each year due to hospital-acquired infections. Every year, 12,000 Americans die from complications due to surgeries.
- For those keeping score, that's more than 200,000 people dead from so-called iatrogenic causes. And that figure is based only on the data of hospitalized patients. In outpatient settings – for instance, at your doctor's office – prescription drug side effects alone may result in 199,000 additional deaths.
- More emphasis should be placed on lifestyle and less on medical care.

How Not to Die from Iatrogenic Causes



<https://www.youtube.com/watch?v=X0xC7DCYHkM>

Dr. Greger's Daily Dozen

- Download and use the free Dr. Greger's Daily Dozen App.
- Bookmark and Use www.nutritionfacts.org to learn more.
- Take responsibility for your and your family's health!



Dr. Greger's Daily Dozen

Dr. Greger's Daily Dozen



Dr. Greger's Daily Dozen

- Dining by traffic light:

- **Green Light:**

- Unprocessed Plant Foods

- **Yellow Light:**

- Processed Plant Foods
 - Unprocessed Animal Foods

- **Red Light:**

- Ultra-Processed Plant Foods
 - Processed Animal Foods

- Good places to start include:

- www.forksoverknives.com / www.happyherbivore.com
 - www.straightupfood.com / www.happyhealthylonglife.com
 - <https://www.youtube.com/channel/UCh2D2ss44sKdb6l7iGU7eLg>



How Not to Die



<https://www.youtube.com/watch?v=IXXYgDRyBU>