

Helpful Ways to Ward Off Disease & Restore Health

Our Summary Notes from:

The How Not to Die Cookbook by Michael Greger, M.D.,

Heart disease – decrease high cholesterol; reduce plaque
Use **whole food plant based diet**

Lung diseases – avoid **smoking**; **eat broccoli**; **add more fruits and vegetables**

Brain diseases – increase of **fiber** per day eating more **fruits and vegetables** (like 1 cup raspberries); center your diet on **grains** and veggies

Digestive diseases – **Curry and turmeric spice** have cancer fighting compounds. Phytates, cancer fighting compounds found in **legumes** such as **beans, split peas, chickpeas, lentils, dark green leafy vegetables**.

Pancreatic cancer – eliminate **fat from animal sources**

Infections –

Boost your immune system with a diet of plants and vegetables

Broccoli and other cruciferous vegetables have been shown to boost effectiveness of intraepithelial lymphocytes (special type white blood cell)

Try eating lots of **blueberries** as they're first line of defense against viruses and cancer cells.

Type2 Diabetes – body's' resistance to effects of insulin that moves glucose (blood sugar) into our cells, preventing dangerous levels from accumulating into the blood. Caused by fatty build-up within our muscles' cells. Fat comes from diet or excess fat in the body.

Adding beans and vegetables to the diet reduces weight and improves blood sugar markers and even reverse it. **Caution** – if you are on medicines for this condition, please let your doctor know since the medicines might need to be reduced or eliminated.

High Blood Pressure – puts strain on your heart, can damage sensitive blood vessels in eyes and kidneys, and cause bleeding in the brain.

Three portions of **grains** a day can achieve the same results as taking medicine. A cup of **hibiscus tea** with each meal can lower systolic blood

pressure, and a few spoonfuls of **flaxseed** a day for a month lowered blood pressure also.

Liver disease – There's a buildup of fat on the liver and at times scaring.

Soda and eating about **14 chicken nuggets** a day are **risk factors**.

Oatmeal was found to **improve** liver function in overweight men and women and also help them to lose weight.

Blood cancer - leukemia, lymphoma, and multiple myeloma are referred to as blood tumors. It appears more **plant based diet, broccoli and cruciferous vegetables** as well as 3 or more servings of **green leafy vegetables** a week lowered the risk of developing these diseases. The protection may be from high antioxidant content of plant food but not in antioxidant supplements.

Kidney disease – If the kidneys don't function properly, it can lead to weakness, shortness of breath, confusion and abnormal heart rhythms. Dietary components associated with kidney disease include animal fat, protein, and cholesterol. Animal protein triggers an inflammatory reaction in the kidneys. **Plant protein** doesn't cause this.

Breast cancer – Studies show that people eating lots of grilled, barbecued, or smoked meats during their lifetime were at risk as well as having high cholesterol levels over total 240. **Eating two or more vegetable servings a day and a high fiber diet** had a decreased risk.

Suicidal Depression – Lifestyle interventions can help heal the mind as well as the body. Higher consumption of **greens, fruits, and vegetables** supports a healthy brain, and **saffron** was found to be as effective as an antidepressant drug.

Prostate cancer – A diet of animal consumption shows a link to this disease. This appears to include whole, low, and non fat dairy, eggs, and meats. Studies showed prostate tumors shrank if a **plant based diet centered on fruits, vegetables, whole grains, and beans**.

Parkinson disease – causes include repeated head trauma, exposure to pollutants and toxic heavy metals from the food supply. Studies show that poultry and tuna have been found to be leading food sources of arsenic, dairy - lead, seafood - mercury. PCB are implicated in increasing risk of developing this disease

For More Information See: *The How Not to Die Cookbook* by Michael Greger, M.D., 2017 copyright, pp.xii to xv. www.flatironbooks.com,