

## **Welcome to the World of Michael Greger M.D.**

**Michael Greger**, an American physician' and creator of NutritionFacts.org, is also an author, who advocates the benefits of whole foods. As a professional speaker on public health issues, he reviews health research studies regarding various foods and diets.

<https://nutritionfacts.org/> This site is non-commercial and contains science based information that is reviewed by Dr. Michael Greger. You can find the latest in nutrition research and thousands of videos regarding healthy eating. Individual donors keep the site thriving. There are no pop-up or center-stage ads for medicines or specific products you have to buy. Blueberries and broccoli stand on their own merits, reflecting what science is revealing about them.

According to Dr. Michael Greger, there are diets that will prevent and reverse the first class killer called heart disease and are protectors from other deadly diseases like type2 diabetes and high blood pressure. Do you know that you can do something about those chronic conditions and diseases like cancer that has the potential to invade other parts of your body?

We are overloaded with a multitude of very confusing as well as conflicting nutritional advice. What I like about this website is that it just gives me the facts and conclusions, letting me make my own decision about regarding nutrition and health. The videos are short and to the point, which makes them easy to understand.

He is also the author of "How Not to Die" that offers the public his view on the health issues we are facing. The best part is he suggests some very simple foods or changes you can try for a healthier lifestyle. He encourages you to discuss these with your personal doctor. He received so many requests for recipes that he finally authored the "How Not to Die Cookbook" that offers some healthy recipes and ideas to try.

I reviewed both of his books and summarized some of his main points about using food as medicine. I hope you will find this information helpful. See:

### ***1. Helpful Ways to Ward Off Disease & Restore Health***

**2. *List of Daily Dozen Foods to Have***

**3. What the Research Is Saying: Research found pp.413 to 545 in his book.**

As a help, I indicated the page number in his book for our notes that I thought you might find useful.

**From: *How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease* (2015)** is a whole-food, plant-based, fairly low-fat diet.