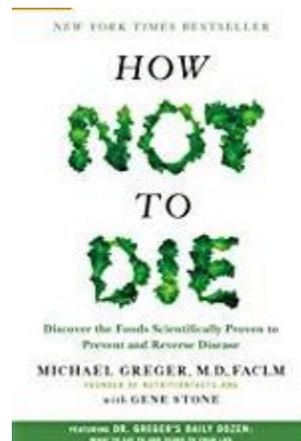


**What the Research Is Saying:**  
**Our Notes from *How Not to Die* by Michael Greger M.D.**



**Research Says::**

- Four **Brazil Nuts** a month will lower your cholesterol p.26
- **Smoking** erases antioxidant boosting effects of 800 cups- kale p.34
- 7 to 8 hours of **sleep** are associated with lowest risk of stroke p.46
- Food category averaging most antioxidants - **herbs and spices** p.50
- **Saffron** helped cognitive functioning in Alzheimer's patients p.57
- Halt cognitive decline by **exercising**. p.60
- **Fiber** keeps your tummy happy. p.65
- **Berries** might reverse rectal polyps. p.68
- Consuming **vitamin C rich foods** can improve iron absorption. p.71
- Treating pancreatic cancer with **curry** helped some people. p.73
- **Strawberries** reversed the development of esophageal cancer. p.77
- **Alcohol products** are the preferred method for hand sanitation p.80
- **Plant pigment phytonutrients** bathe organs, tissues, & cells p.84
- **Mushrooms** can offer boost to immune and anticancer functions p.90
- We might be facing a **post-antibiotic age** p.98
- Eat **legume** rich meals to improve cholesterol & insulin regulation  
examples include: beans, split peas, chickpeas, lentils p108
- **Eat** more legume rich meals; Lose weight p109
- **Diabetes** promoting pollutants-toxins in fish; animal fat p112
- **Poultry** is potentially the most fattening meat. p115

- **WHtR** is a better way to gauge health risks of body fat p120
- Control **high blood pressure** use flaxseeds, whole grains, hibiscus tea, raw and cooked nitrate rich vegetables, greens p133
- **Performance enhancing effects** from beets, its greens and juice, for **sports-enables body** to extract more energy from oxygen p139
- **Moderate drinking** – no special benefits for healthy people p144
- **Hepatitis C** and taking Chlorella – helps but be cautious p146
- Stay with real food; avoid mass **media market products** p148
- For Whole **Cranberry Cocktail** that works see p151
- Additives to **food products safety** decided by manufacturers p174
- **Kidneys**-Nitrates & nitrites act differently in meat and plants p176
- More sources of **nitrates**: beets, Swiss chard, basil, oak lettuce p138
- **Red wine** better than white but red grape juice and grapes best p181
- Strawberries, pomegranates, white mushrooms suppress **potential breast cancer** promoting enzyme p181
- 5 hrs.wk. **mod/intense exercise** lowers circulating estrogen p183
- An **apple with peel a day** keeps breast cancer cells at bay p190
- **Broccoli** or cruciferous vegetables suppress breast cancer cells p193
- **Flaxseeds** may be alternative or adjunct to breast cancer drugs p195
- Eat **mushrooms** & sip **green tea** daily-lower breast cancer risk p197
- **Exercising** works as good as antidepressants for remission p207
- **Saffron** works as good as drugs in treating **depression** p205
- Studies show **antidepressant** drugs work like placebo treatment p209
- **Eggs** and **poultry** worst offenders-prostate cancer ,progression p220
- **Parkinson's** disease – head traumas and food toxic pollutants p227
- **Dioxin** intake from feed given animals and farm-raised fish p230
- **Nicotine** in tomatoes, potatoes, eggplants, and peppers-helpful p232
- **Berries** fight against toxins in **Parkinson's** disease p236
- **Caffeine coffee or tea** improved movement symptoms in 3 wksp238
- Before **Colonoscopy**, ask about peppermint oil capsules p250
- “Vitamin S” **salicylic acid** important from fruits, vegetables, herbs, spices like chili powder, turmeric, paprika, cumin p246  
(These act like baby aspirin – and lower risk of cancer)

### About the Book;:

*How Not to Die* by Michael Greger M.D.

The book has a large footnote section from research pp. 413 to 545.