



**THE NEVER DYING (PLANT BASED) DIET
COOKBOOK: Recipes to Help Give You a
Prolonged Healthy Lifestyle Free From Disease.**

Steve Collins

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NOTE: This book is authored by Steve Collins, a physician and Nutritionist specializing in weight loss and healthy dieting and advocate and as a supplement to the ‘Dr. Michael Greger, How Not to Die.’

How Not To Die “A new way of looking at nutrition and health reveals the groundbreaking scientific evidence behind the only diet that can prevent and reverse many of the causes of premature death and disability in our society. It went further to also show how the right nutrition prevents disease and transforms our genes so we can live healthier, longer.

This cookbook is in accordance to How Not to Die, by Dr. Michael Greger, the internationally-recognized lecturer, physician, and founder of NutritionFacts.org. It consists of your daily recipes you can take to prevent and reverse the top causes of death; such as heart disease, various cancers, diabetes, Parkinson’s, high blood pressure, and more, thereby making you live healthier lives.

This book is a great sit-down read, as well as a beginner’s guide to the “How Not to Die”. This book contains other “hacks” as described in Dr. Michael Greger, How Not to Die, which will make you feel really transform and live healthy. I personally assure you that you will feel your best (disease free, happier, and long live) eating this plant base recipes. I have recommended this type of diet to my patients and many have testified that they feel healthier and happier without feeling hungry or unsatisfied.

Once you’ve tasted how delicious the plant base diet is, it will be easy to keep making the right choices each day that will pave the way for a health and vibrant lifestyle.

.....SO WHAT ARE YOU WAITING FOR? Get into your kitchen and take control of your health!.....

Scroll up now and get your HOW NOT TO DIE DIET COOKBOOK , and make absolute sure you keep to the plan to achieve result.

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