How Not To 💀

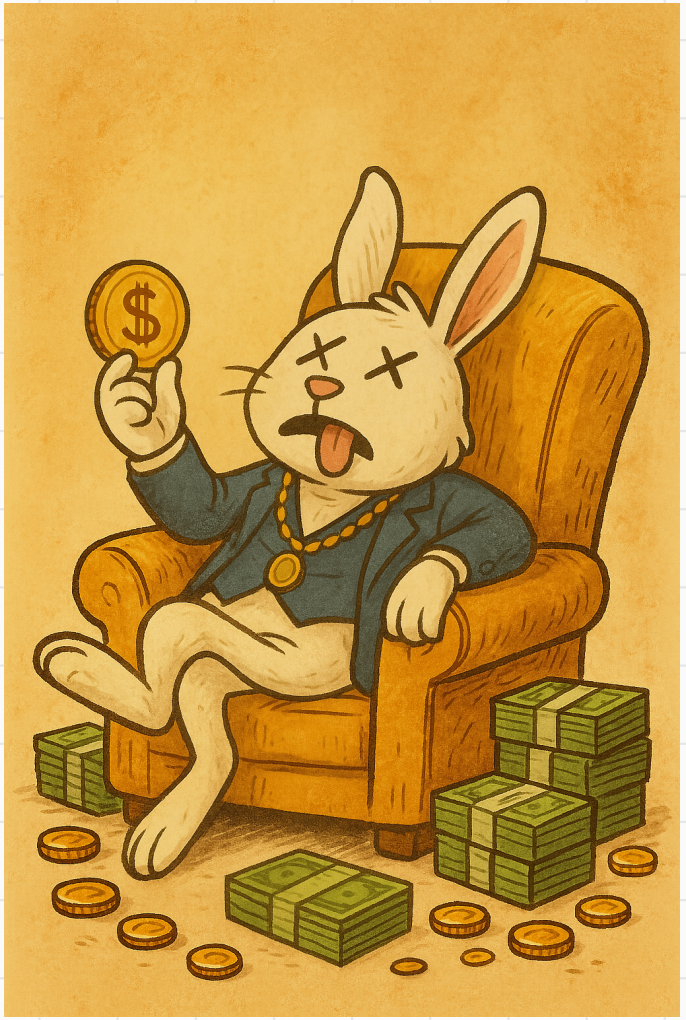
Or Why You Should Eat More Plants

Xing Shi Cai https://newptcai.gitlab.io

2025-08-05

⚡ Spoiler Alert!

😩 Unfortunately, the truth is that everybody 💀.



😱 Death will come for everyone!

⚡ Spoiler Alert!

😩 Unfortunately, the truth is that everybody 💀.

🙂 But we can try to live a long and healthy life.

😤 But maybe not anytime soon!

I am a doctor of 💻 science,
not a doctor of 💊.

Please consult a real 👨‍⚕️ if
you have health issues!

How Not to Die by Michael Greger

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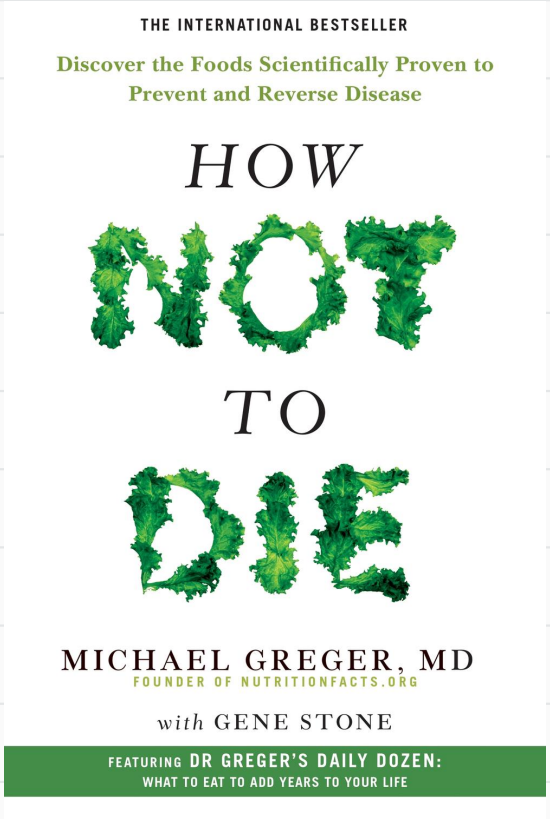
Introduction

Book to Share Today

We will discuss the book *How Not to Die*



How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease

📗 Book to Share Today

We will discuss the book *How Not to Die* by

- 👨‍⚕️ *Michael Greger — doctor, writer, and internationally recognized advocate on public health issues.*

Dr. Michael Greger

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- 👨‍💼 *Michael Greger — doctor, writer, and internationally recognized advocate on public health issues.*
- ✏️ *Gene Stone — acclaimed writer and journalist with expertise in health and wellness.*

Gene Stone

How Not to Die by Michael Greger

How Not to Be Killed by America's Top Killer

🏆 America's Top Killer

🤔 What is the leading cause of death in 🇺🇸?

😱 Who is the most lethal killer?

🏆 America's Top Killer

🤔 What is the leading cause of death in 🇺🇸?

💡 Answer: 💔 disease!

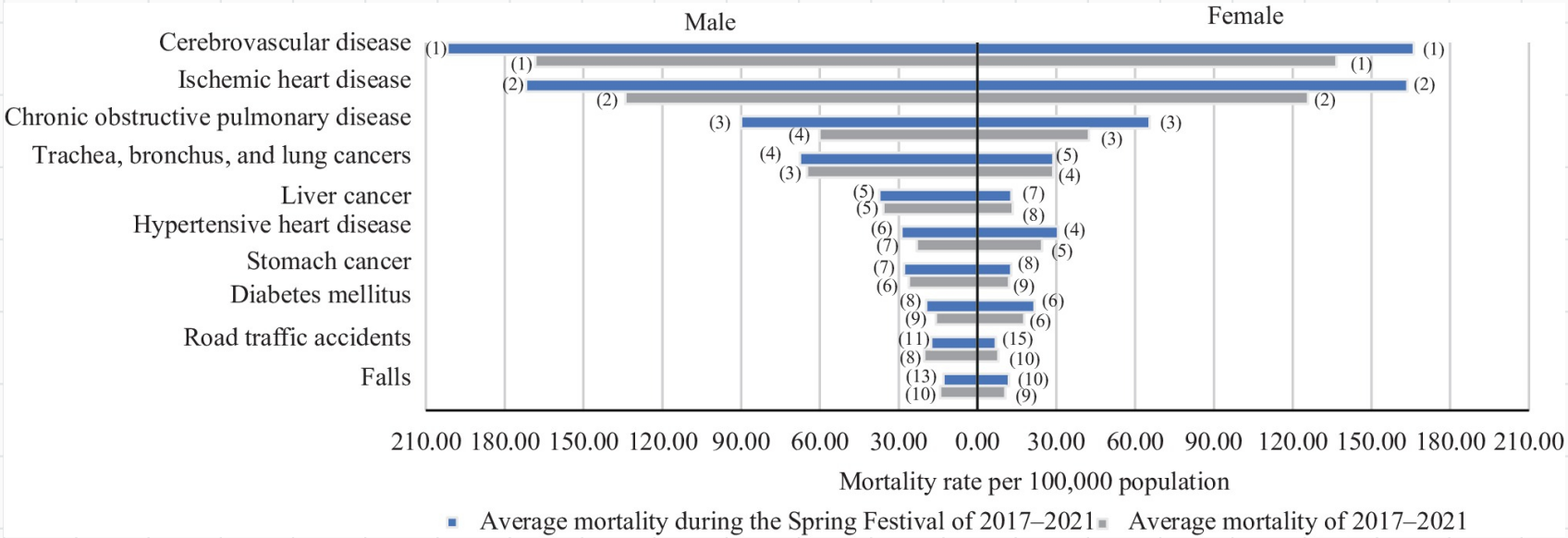
😩 In 2023, 699 659 died of 💔 disease in 🇺🇸.

😲 That is 14.5 times as many deaths as those caused by 🔫!

😱 Who is the most lethal killer?

💔 Heart Diseases in China

😩 In 🇨🇳, 💔 disease is the second leading cause of death.



Leading causes of death in 🇨🇳. Source: China CDC

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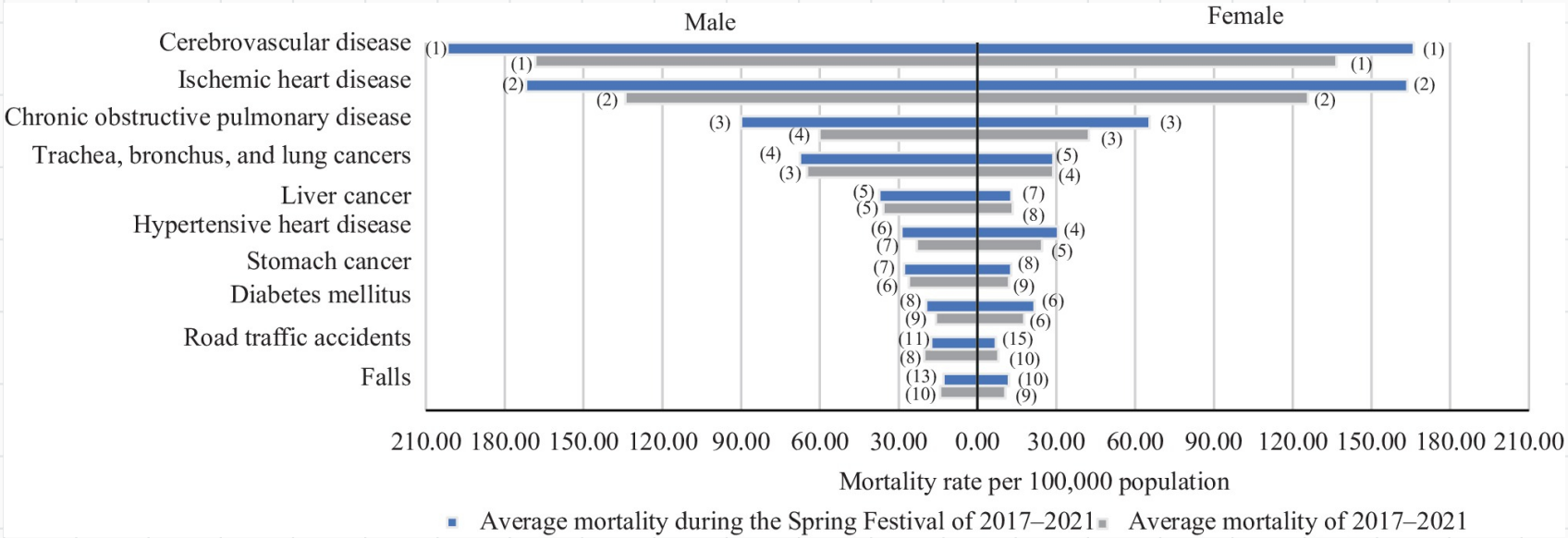


Leading causes of death in 🇨🇳. Source: China CDC

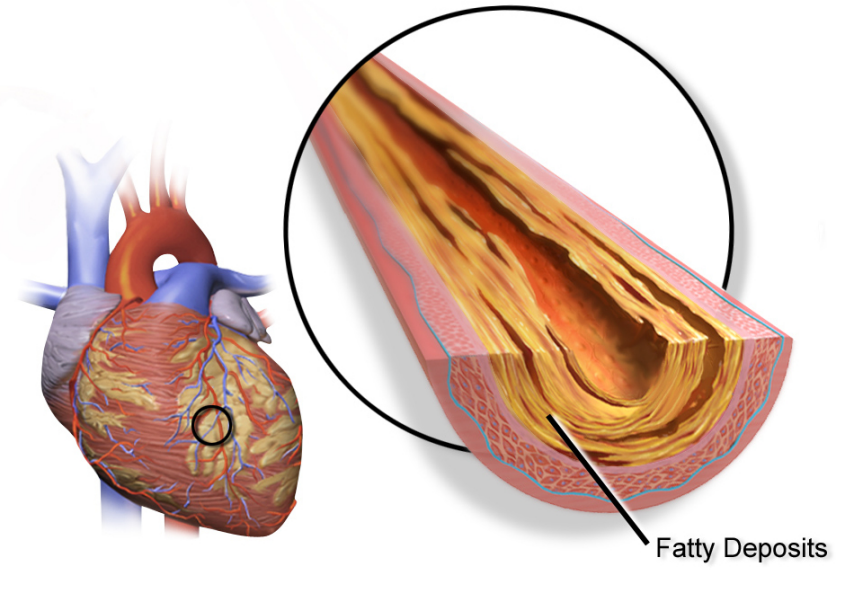
😱 On average, around 2.2 million people in 🇨🇳 died of Ischemic 💔 disease each year during 2017–2021.

💔 Atherosclerosis

💀 Atherosclerosis is the main cause of ischemic 💔 diseases.

🩸 This condition is characterized by the buildup of plaques in the arteries.

👶 It can begin to develop even before we are born!

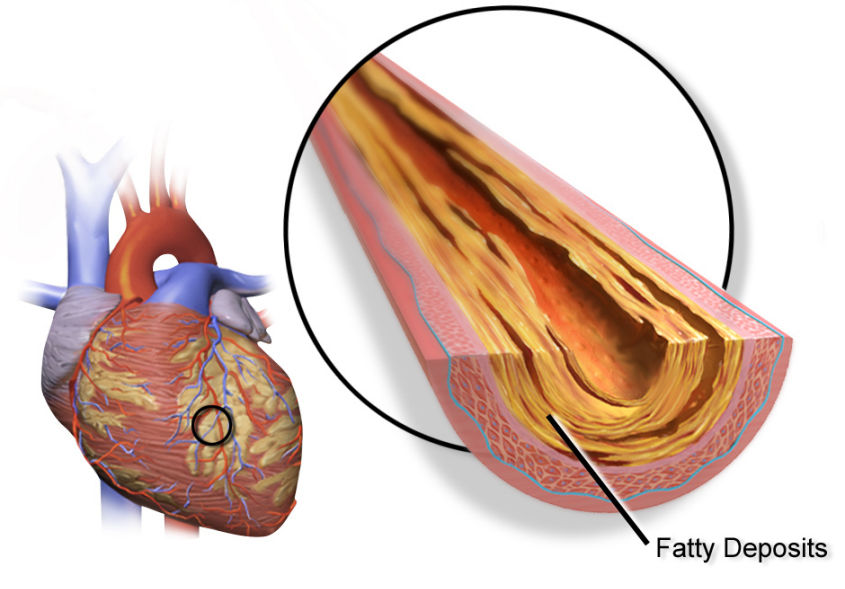


Atherosclerosis in a coronary artery. Source: Wikipedia

Atherosclerosis

😵 The restriction of blood circulation to the ❤️ can lead to chest pain known as angina.

💥 If the plaque ruptures, part of your ❤️ can be damaged or even killed.

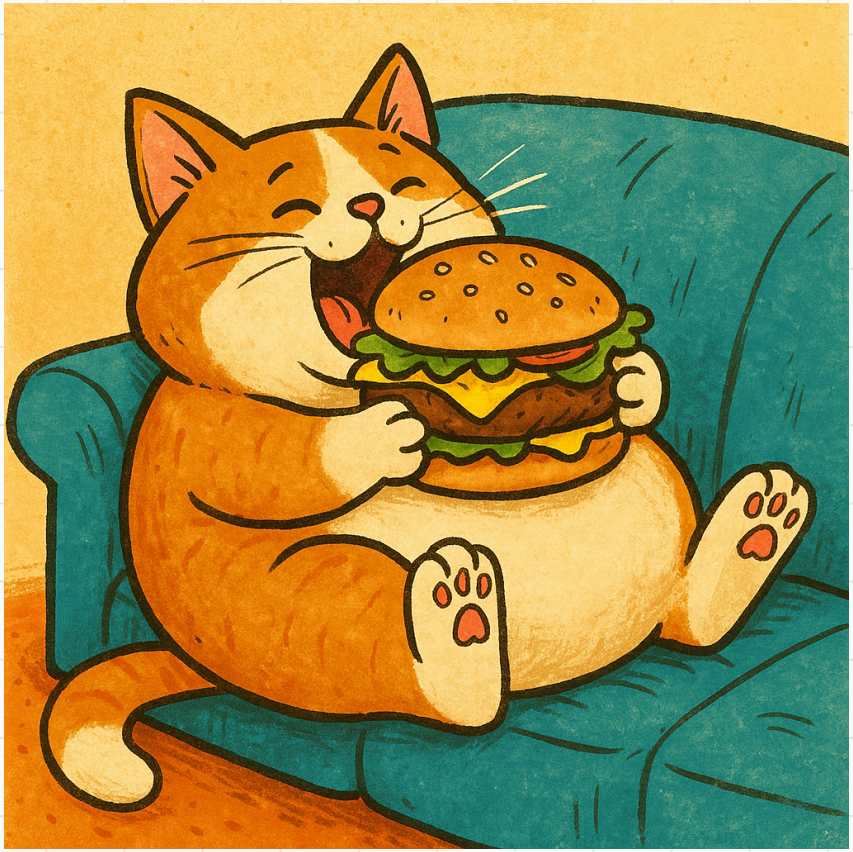


Atherosclerosis in a coronary artery. Source: Wikipedia

💔 Atherosclerosis

🍽️ Atherosclerosis is mainly due to high LDL cholesterol from eating:

- Trans fats — 🍪🍰🍩🍨🍿🥩🧀
- Saturated fats — 🍟🥩🍗🥓🧈🧀🥛🍨🥥🍫
- Dietary fats — 🥚



I can feel the fat in my 🩸!

💊 Atorvastatin

🤔 Can we just eat 🍔 and take 💊 like Atorvastatin to lower cholesterol?

Atorvastatin sold in 🇨🇳

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🤔 Can we just eat 🍔 and take 💊 like Atorvastatin to lower cholesterol?

😩 The problem is potential side effects — liver and muscle damage, memory loss, confusion, and increased risk of diabetes.

Atorvastatin sold in 🇨🇳

👵 A Story

😢 At the age of 65, Dr. Greger's grandmother was waiting to 💀.

Dr. Greger's grandmother

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Dr. Greger's grandmother

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🌱 Desperate, she joined an experimental treatment program based on a *plant-based diet* and *exercise*.

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🌱 Desperate, she joined an experimental treatment program based on a *plant-based diet* and *exercise*.

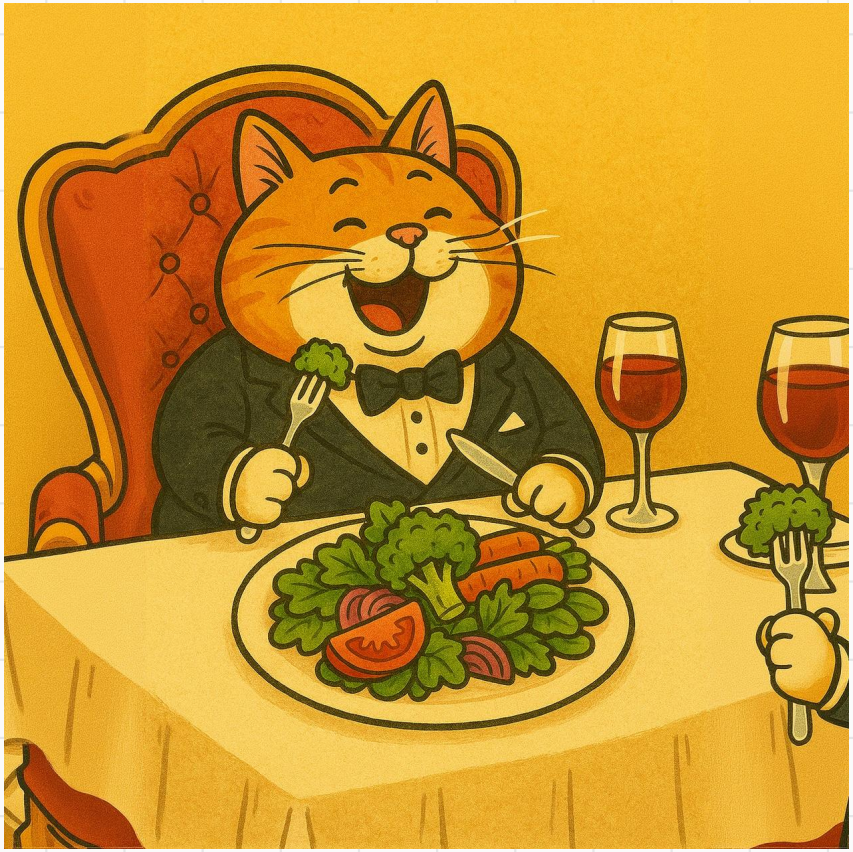
🎉 She lived another 31 years!

Dr. Greger's grandmother

Reverse Heart Disease

🌱 Plant-based diets have been shown to lower cholesterol as effectively as statin drugs without the risk.

🙂 Patients on a plant-based diet show a reduction in artery plaque.



Time to clean some of the plaque!

The best kept secret in modern medicine is this —

★ The best kept secret in modern medicine is this —

🌱 Given the right conditions, the body heals.

How Not to Die by Michael Greger

How Not to Be Killed By Other Diseases

💀 Top Causes of Death in China

🤔 How not to die from diseases like these?

Cause of Death	Avg. Annual Deaths (millions)
🧠 Cerebrovascular disease	2.4
💔 Ischemic heart disease	2.2
🫁 COPD[1]	1.1
💔 Hypertensive heart disease	1.0
🫁 Lung cancer	0.7
🍷 Liver cancer	0.5
👅 Stomach cancer	0.4

[1] Chronic obstructive pulmonary disease is a progressive lung disease that makes it hard to breathe.

How Not To Die

🌱 Plant-based diets can help you not to die from

- 🫁 Lung diseases
- 🧠 Brain diseases
- 👅 Digestive cancer
- 🦠 Infectious diseases
- 🍚 Diabetes
- 🩸 High blood pressure
- 🍷 Liver disease
- 🩸 Blood cancers
- 💧 Kidney disease
- 👩 Breast cancer
- 😢 Depression
- 👨 Prostate cancer
- 😵 Parkinson's disease
- 🤦 Iatrogenic causes[2]

[2] Iatrogenic means illness or death caused by medical treatment itself.

🫁 How Not To 💀 From Lung Disease

😱 Take a deep breath and imagine what it would be like to not be able to breathe.

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🌱 A plant-based diet can help:

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- slow down the progression of COPD
- preventing asthma and reducing its severity

I don't advocate for a
VEGETARIAN diet or a VEGAN diet.

— Dr. Michael Greger

I advocate for an evidence-based diet, and the best available balance of science suggests that the more whole plant foods we eat, the better.

— Dr. Michael Greger

Health Beyond Our Bodies

🦟 and other 🐛 will be year-round companions. New 😷 will emerge.

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Your digital 🕓 will monitor your internal body 🌡️. Fourth of July celebrations will become life-threatening events.

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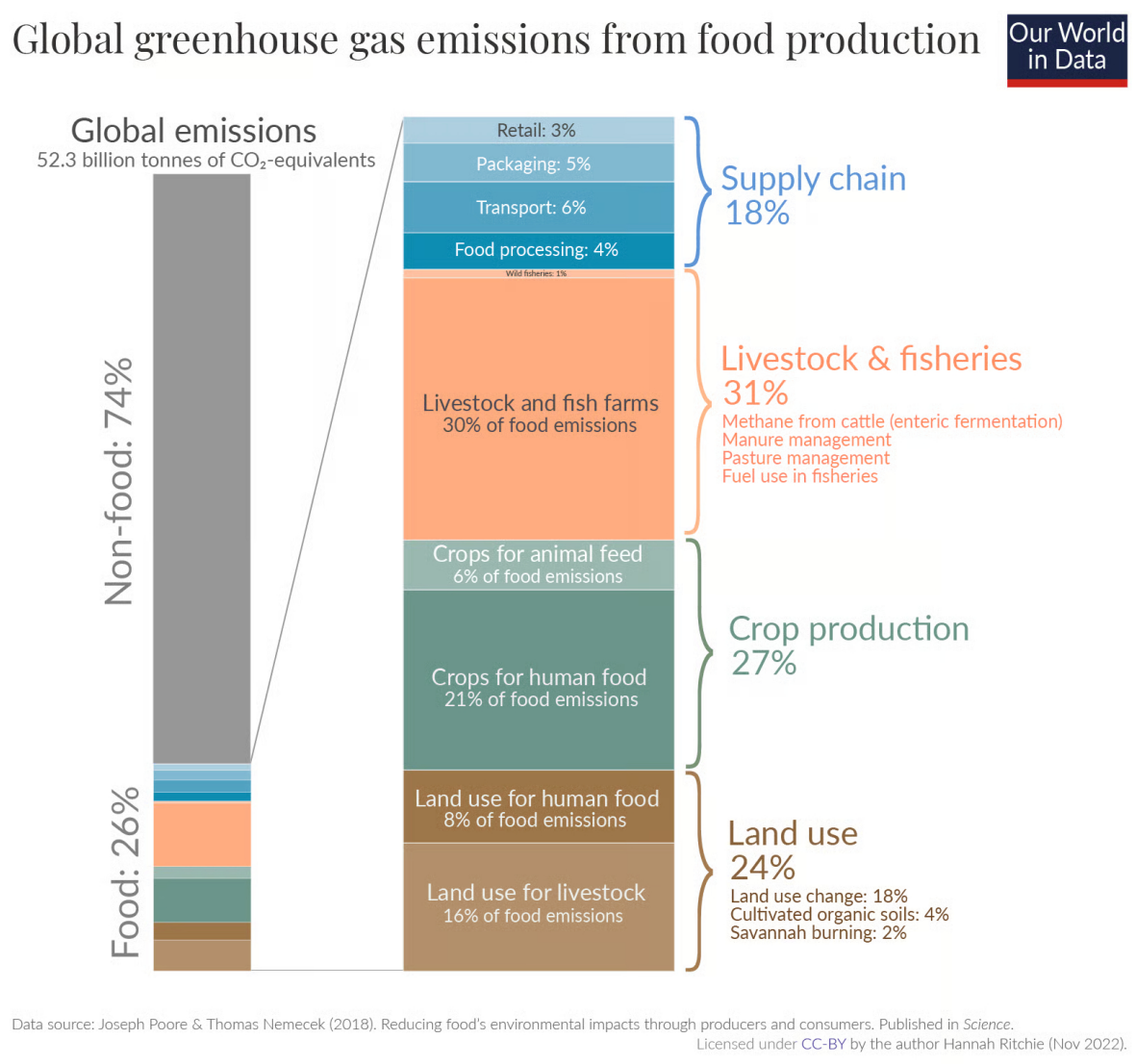
– Jeff Goodell, *The Heat Will Kill You First: Life and Death on a Scorched Planet*

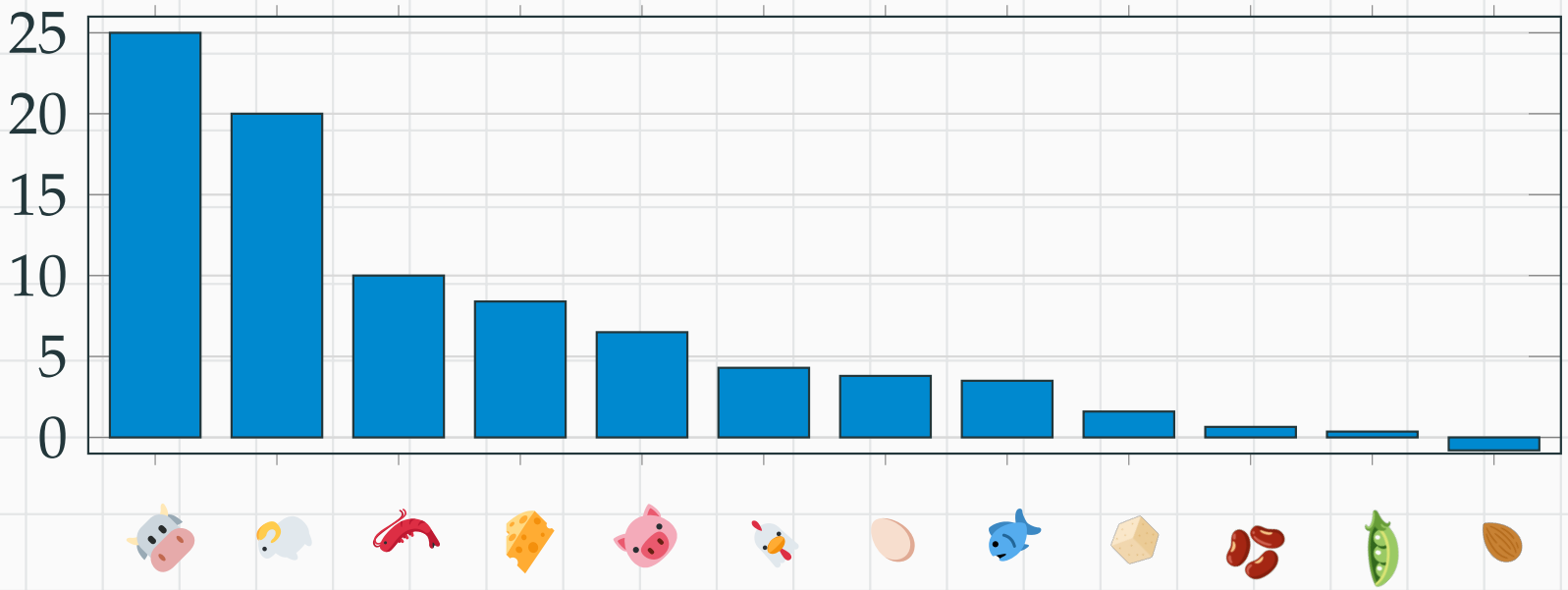
GHG (Green House Gas) Emission



GHG emissions from food production. Source: Our World in Data

😈 GHG (Green House Gas) Emission

😯 The CO_2 emissions of beef are approximately 16 times that of tofu for the same amount of protein!



kg CO_2-eq emissions per 100g protein

🙂 A plant-based diet can reduces as much as 75% of your CO_2 emission.

💧 Water Pollution

💩 Livestock operations generate vast quantities of liquid manure.

😯 Storage lagoons sometimes overflow or leak, contaminating freshwater sources.

🤢 The 🦠 in this waste can make people sick, and the high level of nitrates can cause deadly algal bloom.

☣️ In 2020, a farm in NC 🇺🇸 leaked an estimated 3.7 million liters of 🐷 manure into a nearby creek.

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Southern Australia's toxic algal bloom covers 4500 km^2 of ocean and has killed 13 800 animals.

🦠 Zoonotic Diseases

🐷 Crowded animal farms near wildlife habitats can enable virus spillover.

🦇 Bats may contaminate feed or water, triggering infection chains.

💀 Infected animals can pass deadly viruses to humans.

🦠 In 1998, an outbreak of Nipah virus struck Malaysia. Linked to 🐷 farms near 🦇 habitats, the virus led to the death of over 100 people and the culling of 1 million 🐷.

🦠 Zoonotic Diseases

🐔 Intensive poultry farming provides an ideal environment for bird flu virus such as H5N1 to mutate.

😱 If the virus gains the ability to transmit from human to human, then we have another pandemic!

🦠 Since H5N1 reached 🇺🇸 in 2022, over 148 millions birds have been culled.

💉 Antibiotic Use in Livestock

😲 Antibiotics are frequently used in intensive animal farming.

😱 This fuels the emergence and spread of antibiotic-resistant 🦠, or superbugs.

🦠 MRSA CC398 — superbug that arose in intensively-reared 🐷 herds — now spreads to humans, even beyond farms.

Health is deeply intertwined with the climate, the air we breathe, the water we drink, and the natural environment.

The less we consume, the healthier our becomes, and the healthier our bodies become.

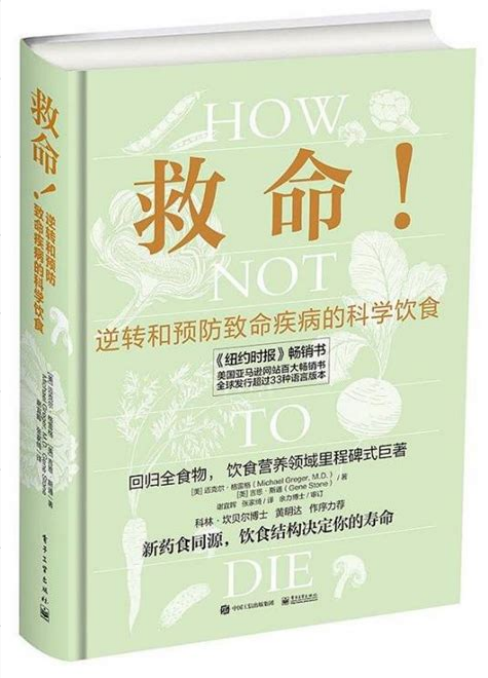
❓ Discussions

🤔 If a mostly plant-based diet can improve both our health and the planet's, what might hold you back from trying it?

Call to Action

Read The Book

Read *How Not to Die* or listen to its audiobook.

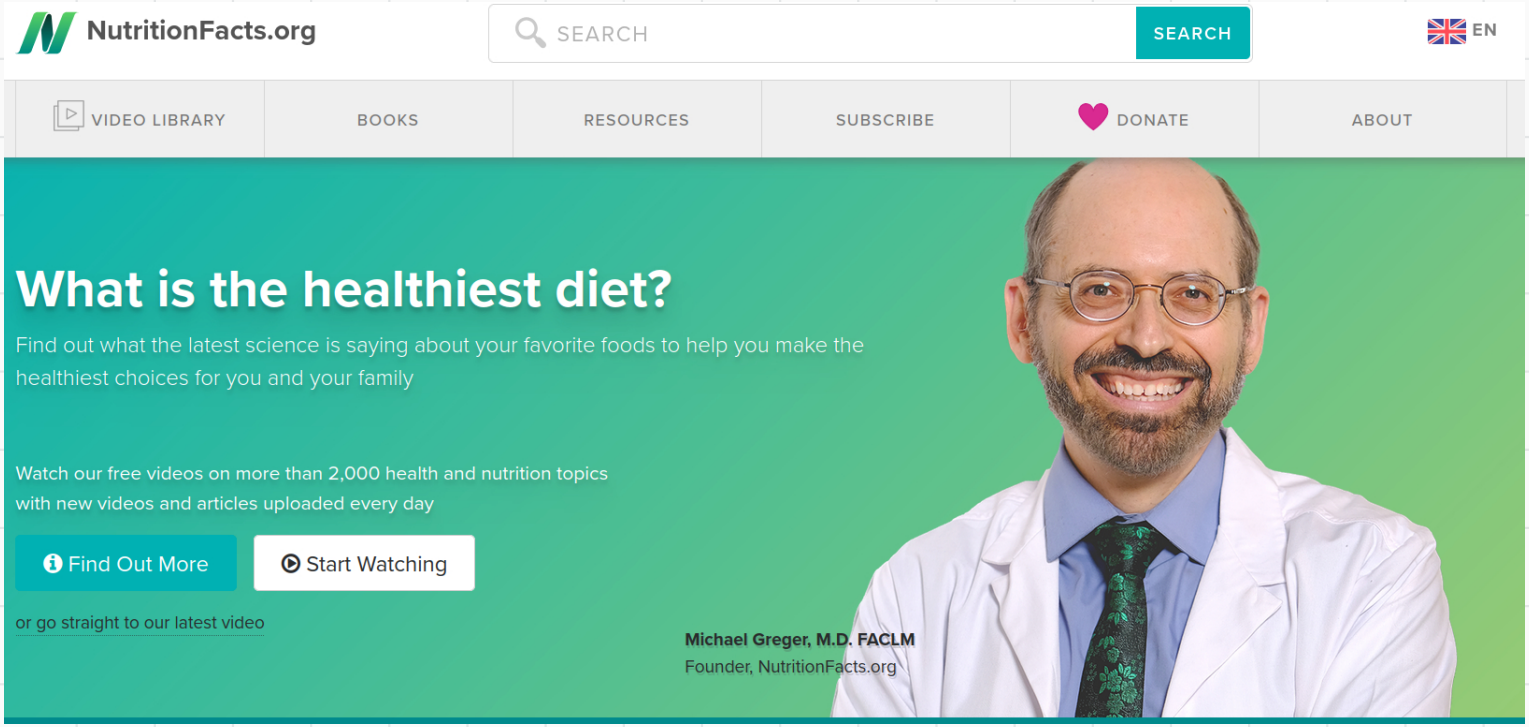


Chinese version

Free audiobook

Nutrition Facts

👀 Visit `nutritionfacts.org` to learn about the latest developments in nutrition science.



❤ Follow Nutrition Facts (能救命的饮食) on Chinese social media platforms.

WeChat

Weibo

Bilibili

Daily Dozen Checklist

🖨️ Print out the list of plant-based foods 👍 by Dr. Greger for daily consumption.

🙂 All ✅ today!

- 🌱 Beans 🍽️🍽️🍽️
- 🫐 Berries 🍽️
- 🍎 Other Fruits 🍽️🍽️🍽️
- 🥦 Cruciferous 🍽️
- 🥬 Greens 🍽️🍽️
- 🌱 Other Vegetables 🍽️🍽️
- 🌱 Flaxseeds 🍽️
- 🌰 Nuts 🍽️
- 🌶️ Spices 🍽️
- 🌾 Whole Grains 🍽️🍽️🍽️
- 🫖 Beverages 🥬🥬🥬🥬🥬
- 🧎 Exercise ⌚

Daily Dozen Checklist

Or get Dr. Greger's Daily Dozen App.

Apple App Store

Google Play Store

😋 Experience Plant-based Cuisines

😑 Finding vegetarian food can be difficult.

😑 The only vegan food you can find at 🚆 stations.

😋 Experience Plant-based Cuisines

😑 Finding vegetarian food can be difficult.

🙂 But not in an international city like Shanghai!

😋 There are more than a hundred vegetarian restaurants!

🐮 Check out happycow.net

😋 Quinoa Baked Pumpkin — Ru Pure Vegan/茹

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😋 Hummus — Duli/度粒

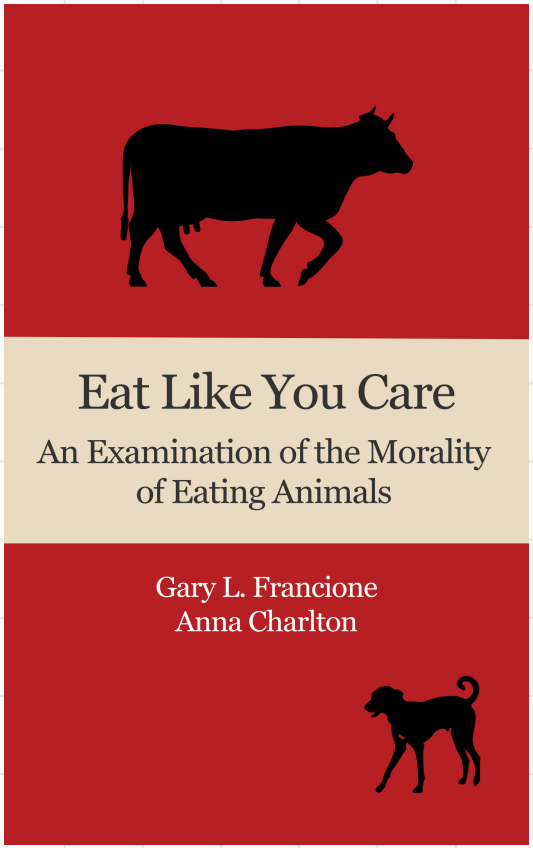
👼 Think About Ethics

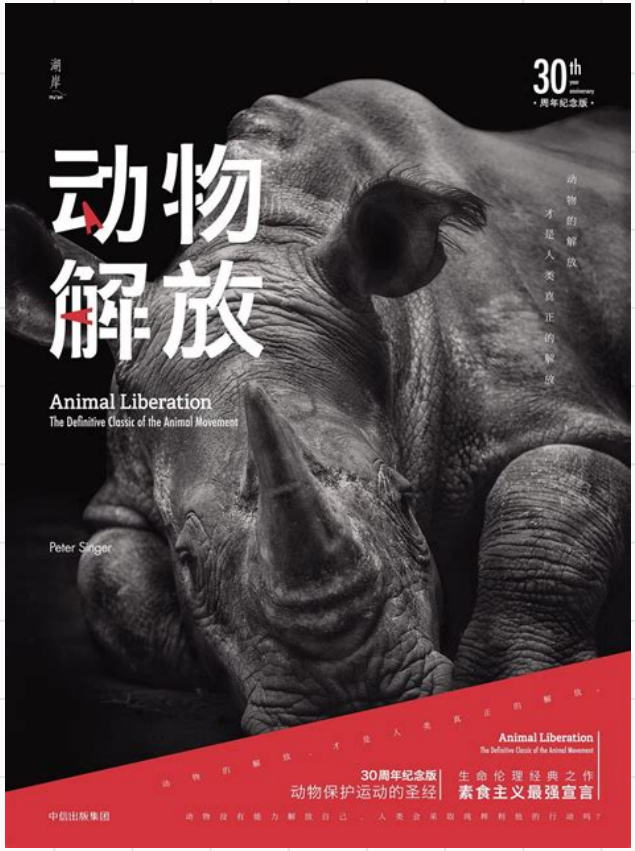
👀 Watch a documentary to learn more about animal farming.

🐮 Dominion (2018). Free to watch at `dominionmovement.com`

Think About Ethics

Read about the ethical argument for a plant-based diet.





Eat Like You Care

Animal Liberation

May you live long and prosper

by eating more 🌱!