

Dr. Greger is a physician, author, and internationally recognized speaker on nutrition, food safety, and public health issues.



**Nutrition Facts**

His video ***Uprooting the Leading Causes of Death*** examines the nutritional factors involved in the diseases that kill the majority of Western people. Very informative **and** amusing.

There are hundreds of short videos and many health and nutritional subjects.

A founding member of the American College of Lifestyle Medicine, Dr. Greger is licensed as a general practitioner specializing in clinical nutrition. Currently he serves as the Director of Public Health and Animal Agriculture at the Humane Society of the United States. Dr. Greger is a graduate of the Cornell University School of Agriculture and the Tufts University School of Medicine.

His book, ***How Not to Die***, shows how you can significantly increase your chances of avoiding and, possibly treating, the most common causes of illness and death in the western world.

View a video of Michael's inspiring story how his grandmother at the age of 65, was transformed from a critical ill patient. Confined to a wheelchair with crippling pain from angina, so was sent home by her doctors to die. Frances Greger was one of Nathan Pritikin's "death door's patients". **After three weeks, she was not only out of her wheelchair but walking ten miles a day.** She lived another 31 years.

**Frances Greger - Nathan Pritikin's Death's Door Patient**

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