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HEALTH & WELLNESS



Straight Talk with Sandra Reich Archives Available

May 18th 2017: Encore: HOW NOT TO DIE!!!
Straight Talk interviews Dr Michael Greger

Do you really want to live your healthiest life possible? Does the idea that you can have a say in your health destiny appeal to you? if so- **YOU DO NOT WANT TO MISS THIS EPISODE.** Bestselling author of the fascinating book: "How Not to Die" Dr Michael Greger joins Sandra to discuss how the vast majority of premature deaths can be prevented through simple changes in diet and lifestyle.



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Featured Guest



Dr Michael Greger

A founding member and Fellow of the American College of Lifestyle Medicine, Michael Greger, MD, is a physician, New York Times bestselling author, and internationally recognized speaker on nutrition, food safety, and public health issues. He has lectured at the Conference on World Affairs, testified before Congress, and was invited as an expert witness in the defense of Oprah Winfrey in the infamous "meat defamation" trial.

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