

# מראי מקום

## פתח דבר

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## הקדמה:

### כיצד למנוע, לעצור ולרפא את גורמי התמותה העיקרי שלנו?

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## חלק 1: 15 גורמי התמותה המובילים

### פרק 1: איך לא למות ממחלת לב

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## פרק 4: איך לא למות ממחלות סרטן של מערכת העיכול

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## פרק 7: איך לא למות מיתר לחץ דם

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## פרק 8: איך לא למות ממחלות כבד

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## פרק 11: איך לא למות מסרטן השד

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## פרק 15: איך לא למות בגלל הרופאים שלנו

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