If clauses:

Conditional clause 0
If people drink excessively, they risk a premature death.
(time reference: present; general, universal truth)
If: present simple
Main: present simple

Type I.
If you continue to drink excessively, you will (can, may, shall - a threat) die.
(time reference: future)
If: present simple
Main: future simple

Type II.
If he didn't eat excessively, he wouldn't be overweight.
(time reference: present)
If: past simple
Main: present conditional

Type III.
If he hadn't eaten excessively, he wouldn't have started jogging.
(time reference: past)
If: past perfect
Main: past conditional

Unless=if not