



# EAT

TO

# BEAT

# DISEASE

THE NEW SCIENCE OF HOW  
THE BODY CAN HEAL ITSELF

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## Eat to Beat Disease: The New Science of How the Body Can Heal Itself



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Learn how to identify the strategies and the dosages for using food to transform your resilience and wellness in EAT TO BEAT DISEASE. Forget all you think you understand about your body and food, and find out the brand new science of the way the body heals itself. Is your diet feeding or defeating disease? Both informative and practical, EAT TO BEAT DISEASE explains the science of therapeutic and prevention, the strategies for using food to actively transform health, and points the science of well-being and disease prevention within an exhilarating new direction. Pioneering physician scientist, Dr. William Li, empowers visitors by displaying them the evidence behind over 200 health-boosting foods that may starve cancer, reduce your threat of dementia, and beat dozens of avoidable diseases. EAT TO BEAT DISEASE isn't about what foods to avoid, but instead is a life-changing guideline to the hundreds of healing foods to add to meals that support the body's protection systems, including: Plums, Cinnamon, Jasmine tea, Red wines and beer, Black Beans, San Marzano tomatoes, Olive oil, Pacific oysters, Cheeses like Jarlsberg, Camembert and cheddar, Sourdough bread. The book's plan demonstrates how to integrate the foods you already love into any diet or health plan to activate your health protection systems- Angiogenesis, Regeneration, Microbiome, DNA Protection, and Immunity- to fight tumor, diabetes, cardiovascular, neurodegenerative, and autoimmune diseases, and additional debilitating conditions. We've radically underestimated our body's capacity to transform and restore our health and wellness.



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