



I'm not robot



I am not robot!

Eat to Beat Disease will have the complete list of 5x5x5 foods (there are over 500 foods scientifically proven to optimize one or more defense systems!), but below are five of my favorites, and information about the surprising health benefits they offer. Learn how to use food to boost your body's natural healing power and prevent or reverse chronic diseases. Order the book now and get access to over two hundred health-boosting foods and their benefits. The pioneering physician-scientist behind the New York Times bestseller Eat to Beat Disease, Dr. William Li, reveals the science of eating your way to a healthy metabolism. Pioneering physician scientist, Dr. William Li, empowers readers by showing them the evidence behind over 100 health-boosting foods that can starve cancer, reduce your risk of dementia, and beat dozens of avoidable diseases. Revealing more than 100 foods that you can incorporate into your life today to help you live longer, Dr. William Li proposes a simple framework, inviting you to choose five foods and eat them every day. Both informative and practical, Eat to Beat Disease explains the science of healing and prevention, the strategies for using food to actively transform health, and points the science of wellbeing and disease prevention in an exhilarating new direction. Pioneering physician scientist, Dr. William Li, empowers readers by showing them the evidence behind over 100 health-boosting foods that can starve cancer, reduce your risk of dementia, and beat dozens of avoidable diseases. Adding evidence that eating a healthy diet is better than using vitamins as a shortcut. Dr. William W. Li provides a 5x5x5 plan. In Eat to Beat Your Diet, Dr. Li introduces the surprising new science of weight loss and shows readers how adding the right foods to your diet can heal your metabolism, reduce inflammation, and improve your health. Dr. Li provides a five by five by five plan that is an easy way to help you find the foods you like that support our defense systems, and stay on track with them. He explains how the body naturally resists chronic diseases like cancer and dementia through five health defense systems (angiogenesis, regeneration, the microbiome, DNA repair, and autophagy). Eat to Beat Disease: The New Science of How Your Body Can Heal Itself, Includes PDF of Supplemental Materials by Li, William W. at XISBNHachette USA. Ready to restock your fridge and take your diet to the next level? Meaningfully treats immune disease: Another benefit? The compounds available in plant-based diets also calm your immune system and help with major immune disorders, like MS. A recent study even showed plant-based eating can help improve MS symptoms. Pioneering physician scientist, Dr. William Li, empowers readers by showing them the evidence behind over 100 health-boosting foods that can starve cancer, reduce your risk of dementia, and beat dozens of avoidable diseases. Both informative and practical, Eat to Beat Disease explains the science of healing and prevention, the strategies for using food to actively transform health, and points the science of wellbeing and disease prevention in an exhilarating new direction. Revealing more than 100 foods that you can incorporate into your life today to help you live longer, Dr. William Li proposes a simple framework, inviting you to choose five foods and eat them every day. The book "Eat to Beat Disease" delves deeply into the science behind how what we eat can enhance our body's natural defense systems.