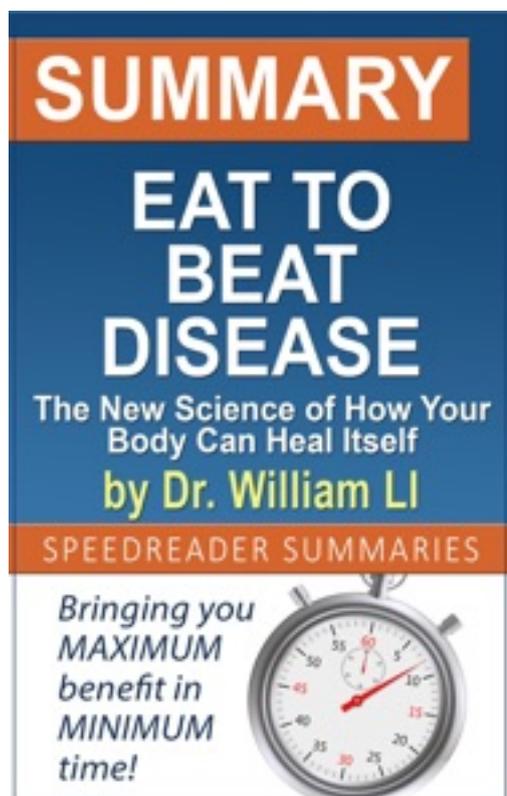


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About *Eat to Beat Disease* by William Li, M.D.

In *Eat to Beat Disease*, Dr. Li provides us with a detailed, actionable, research-based approach to using food to heal your body and prevent disease. He shows us how our bodies naturally resist serious diseases like cancer and heart disease through five defense systems: angiogenesis, regeneration, the microbiome, DNA protection, and immunity. He also explains precisely what we should eat to activate and bolster those systems. And, most importantly, he backs up his

recommendations with dozens of studies that show us how we can use food to give our bodies the best shot possible at fighting disease.

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