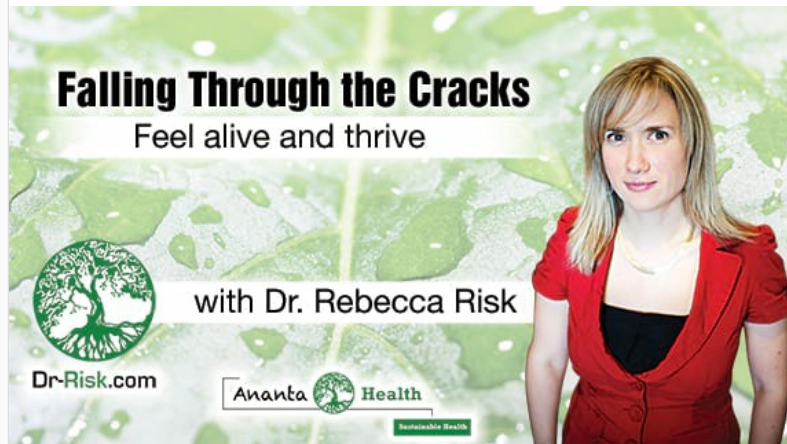


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December 23rd 2019: [Eat to Beat Disease with Dr. William Li](#)

Following the latest research on food, discussing his book "Eat to Beat Disease," Dr. William Li is discussing how people can navigate foods to help them in their healing journey. Knowing that foods can boost our immune system, quell inflammation, repair our DNA, prevent cancer and keep our microbiome balanced, this interview discusses all these specifics.



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Featured Guest



William Li

Dr. William Li is a world-renowned physician, scientist, and author of the best-selling book *EAT TO BEAT DISEASE: The New Science of How Your Body Can Heal Itself*. President of global charity, the Angiogenesis Foundation, Dr. Li's work has impacted more than 50 million people worldwide.

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