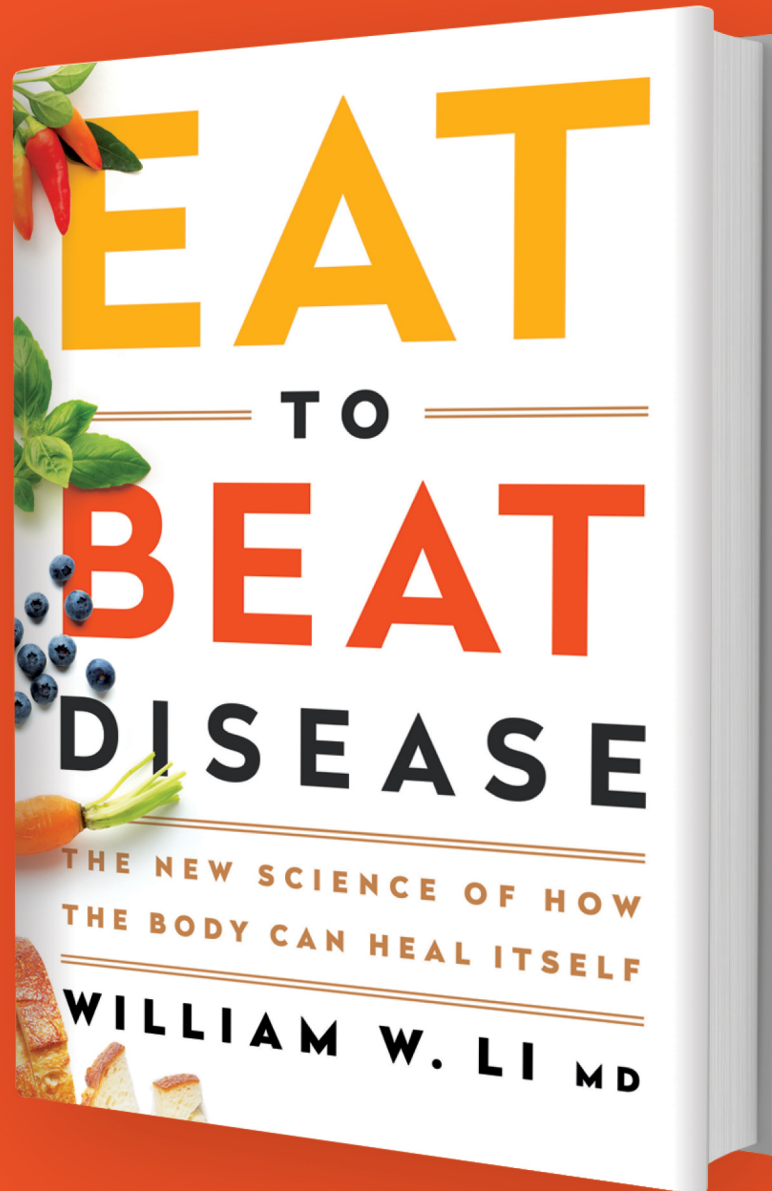


# IS YOUR DIET *FEEDING* OR *DEFEATING* DISEASE?



## THIS BOOK IS FOR YOU IF...

- You are a wellness warrior in charge of disease-proofing yourself and your loved ones
- You are starting to feel your age, and you want to maintain youth and stave off chronic diseases
- You are living with a chronic condition such as heart disease, diabetes or an autoimmune condition
- You are battling a disease like cancer or Alzheimer's, or your family history puts you at higher risk of disease down the line

# The scientific evidence behind over 200 health-boosting foods that starve cancer, reduce your risk of dementia, and beat dozens of avoidable diseases.

## DID YOU KNOW...

Research shows that drinking **a cup of cocoa** (with high flavonol content) **twice daily** can help **boost stem cells** to improve your circulation, and decrease blood pressure?



## MARKETING PLANS

- Major National Advertising Campaign
- National Publicity Campaign
- NPR Interview Campaign
- Health Radio Satellite Tour
- Targeted Publicity Campaign to Health, Wellness, and Science Media
- Select Author Appearances
- Tie-in with Author's Speaking Engagements
- Major Prepublication Awareness and Preorder Campaigns
- Extensive Social Media and Digital Influencer Campaign
- Blogger Outreach
- Book Trailer for Online and Account Distribution
- Advance Reader Copies Available
- Extensive Digital Marketing and Publicity Campaign, including Video, Quote Graphics, Excerpts, Recipe Cards, Quizzes, Checklists, and More!



Up to 10,000 natural mutations occur in our DNA every day, and most of them never turn into disease. We are infected with 37,000 trillion bacteria in our bodies, but aren't sick. Aging weakens our systems, but an 80 year-old woman's immune system can be powerful enough to eradicate metastatic cancer. Why?

**Your body was designed to fight disease, and we have radically underestimated how foods can be used to amplify this hidden power.**

Forget everything you think you know about your body and food, and discover the new science of how the body heals itself. Learn how to identify the strategies and dosages for using food to transform your resilience and health in this informative and practical guide, **EAT TO BEAT DISEASE**.

**Pioneering physician scientist, Dr. William Li** empowers readers by showing them the research for preventing, treating, and even reversing disease using surprising foods. **EAT TO BEAT DISEASE** isn't about what foods to avoid, but rather is a life-changing guide to the hundreds of healing foods to add that support the body's defense systems, including:

- **Red Delicious Apples**
- **Plums**
- **Cinnamon**
- **Jasmine Tea**
- **Black Beans**
- **Olive Oil**
- **Red Wine and Beer**
- **Pacific Oysters**
- **Sourdough Bread**
- **Hard Cheese like Jarlsberg and Cheddar**

**EAT TO BEAT DISEASE** shows you how to integrate the foods you already love into any diet or health plan to activate your body's **health defense systems** to fight cancer, cardiovascular disease, diabetes, neurodegenerative disease, autoimmune disease, and other debilitating conditions.

**Angiogenesis • Regeneration • The Microbiome • DNA Protection • Immunity**

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# The essential guide to start eating to beat disease every day!

“William Li has done a fantastic job articulating, popularizing, and translating cutting edge ideas that dramatically influence how our bodies can deal with ailments, how we can prevent those illnesses from getting worse, and most importantly how food can play a role there.”

— **Dr. Mehmet Oz, address at Vatican’s Unite to Cure Conference 2018**

“Dr. William Li is a healthcare pioneer... Dr. Li helps our readers thrive by unpacking how the body’s own systems respond to what we eat. His book will give practical tips for healthier living and empower readers with ways they can help their bodies fight disease.”

— **Arianna Huffington, Founder and CEO, Thrive Global**

“Dr. Li writes and speaks in language that is sincere and heartfelt and, most importantly, is high quality science. Our society very much needs more of this type of product.”

— **T. Colin Campbell, Ph.D., Cornell University Author, The China Study.**

## ABOUT THE AUTHOR



**William W. Li, MD**, is an internationally renowned Harvard-trained medical doctor, researcher, and president and a founder of the Angiogenesis Foundation. His groundbreaking work has led to the development of more than 30 new medical treatments, has impacted more than 50 million people worldwide across, and covers more than 70 diseases including cancer, diabetes, blindness, heart disease, and obesity. His TED Talk, “Can We Eat to Starve Cancer?” has garnered more than 11 million views. Dr. Li has appeared on The Dr. Oz Show, CNN, MSNBC, Voice of America, and has been featured in USA Today, TIME, The Atlantic, and O Magazine, Dr. Li has served on the faculty of Harvard Medical School, and presented at the Vatican’s Unite to Cure conference.

### EAT TO BEAT DISEASE:

*THE NEW SCIENCE OF HOW THE BODY CAN HEAL ITSELF*

William W. Li, M.D.

Grand Central Life & Style

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