

Foods That Activate Your Gut, Brain, and Metabolism

Presented by Dr William Li

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While the proprietary information in the live slide presentation is unavailable for distribution, Dr. Li is happy to provide the outline and contact resources below.

Webinar Outline

1. Myths about metabolism – overturned
2. Study of human metabolism across lifetime
3. 4 stages of human metabolism
4. Re-thinking body fat
5. Physiological functions of body fat
6. How fat goes from physiological to pathological
7. Types of fat: white (subcutaneous, visceral); brown fat
8. Skinny (visceral) fat and the connection to chronic disease, focus on: cancer
9. Brown fat to the rescue
10. Principles of brown fat-induced thermogenesis
11. Food as medicine
12. Examples of foods that trigger thermogenesis
13. The same foods can help to tame angiogenesis, how the body grows new blood vessel
14. Eating for health and pleasure
15. The MediterAsian Diet
16. Final myth busted: small changes in body fat and weight can have big benefits

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