



**The Good Clean Nutrition Podcast  
Episode 16 Show Notes**

**Episode 16: The Impact of Nutrition on COVID-19 with William W. Li, MD**

Welcome to today's episode of *The Good Clean Nutrition Podcast*, hosted by integrative dietitian and nutrition educator Mary Purdy. Each episode provides healthcare practitioners and health-minded consumers expert information on current and trending topics. In this episode, Mary welcomes internationally renowned physician and researcher Dr. William Li to the podcast to discuss his research into COVID-19.

William W. Li, MD, is an internationally renowned physician, scientist, and author of the NYT bestseller "Eat to Beat Disease: The New Science of How Your Body Can Heal Itself." His groundbreaking work has led to the development of more than 30 new medical treatments and impacts care for more than 70 diseases including cancer, diabetes, blindness, heart disease and obesity. He is president and medical director of the Angiogenesis Foundation and is leading research into COVID-19.

Dr. Li explains how he, as an internal medicine doctor, became interested in nutrition as a key component of preventing and treating illness. His goal has always been to help his patients return to a healthy life and believes people can regain, restore and maintain their health through food. In response to a common criticism that food diets do not have as much evidence as drugs, Dr. Li began to test foods in the same systems drugs are developed in to develop the evidence behind using diet to support health, and so he considers himself a food-as-medicine researcher. His research revealed that there are hundreds of foods which contribute to one's health. The body uses various foods to raise or lower the body's health defense systems, such as the immune system and the role of the gut microbiome. As an example, Dr. Li discusses how health and cancer are interrelated. The body's defense system communicates with blood vessels to kill cancer in the body. A strong defense system, bolstered by the right foods, prevents cancerous growth. Cancer grows when the defense system breaks down.

Moving to discuss how this interest in nutrition applies to COVID-19, Dr. Li explains his groundbreaking research early on in the pandemic. He shares that the coronavirus invades the blood vessels and damages them. This leads to blood clots, organ damage, and even shrinking of the brain, as the virus strips the lining of the blood vessels. Dr. Li continues by explaining how food can help support your body's health defenses. Foods such as strawberries, red bell peppers, and tomatoes can lower inflammation. Eating foods with higher levels of Vitamin A, Vitamin D, and Omega 3 is vital. Regarding supplements, Dr. Li believes while certain supplements can be helpful and even necessary, he discusses the benefits of aligning pleasure with food. It is important to change the way we think of food, remove shame associated with eating, and learn how to use delicious foods.

The episode closes with Dr. Li's advice for those who currently have COVID-19. He begins by encouraging people to get vaccinated and boosted and to continue wearing masks to help prevent contracting and spreading COVID. He then explains the science behind the new antiviral treatment developed to treat patients with COVID, Paxlovid. While the virus damages blood vessels, Dr. William Li believes we can fight with food. In addition to prescription treatment, he recommends using diet to help support your immune system and discusses the benefits of anti-inflammatory foods.



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Sign up for an upcoming [Eat To Beat Disease masterclass](#) presented by Dr. Li. Connect with Dr. Li on [Instagram](#), [Facebook](#) and [Twitter](#), and visit his [website](#). Check out [Eat To Beat Disease: The New Science of How Your Body Can Heal Itself](#).

Connect with host, integrative dietitian and nutrition educator, Mary Purdy, MS, RDN, on [Instagram](#), [Facebook](#), [Twitter](#) and [LinkedIn](#), and visit her [website](#).

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