**Script**

How many people eat 3 meals every day? Looks like everyone? Congratulations! You are close to getting cancer. Actually, this is true. Nowadays, many people die because they eat too much delicious food. If you want to live longer, the answer is simply, become a small eater. Doing the research information about health for this paper, now I know all about the benefits of being a small eater. This information will positively change your attitude toward eating and make you healthier. Today I will talk about how being a small eater helps to strengthen your immune system, prevent cancer, and expand your lifespan.

Let me start with how being a small eater is related to the immune system.

A Japanese doctor, Yumi Ishihara, reported in his Japanese book *Small Eating* in 2012 that eating too much can decrease the ability of your immune system to fight against bacteria and viruses.

We have white blood cells in our bodies, and they defend the body against both infectious disease and foreign invaders. But when we eat until we are full, nutrition is absorbed into the body, and our white blood cells absorb it and become full as well. Then what happens? They become lazy like couch potatoes! They don't want to work any more, even when diseases invade the body. So when you eat until you are full, you weaken your immune system. On the other hand, when we don't eat enough, we don't absorb enough nutrition to send to our white blood cells. Consequently, because they are still hungry, they eat the diseases in our bodies, and our immune system strengthens.

Scientists at Oregon Health & Science University reported the impact of caloric restriction on health and survival in rhesus monkeys in 2012. First of all, monkeys were separated into two groups. Monkeys in group A were allowed to eat freely. On the other hand, monkeys in group B ate 30% fewer calories. After 18 years, scientists reported that monkeys in B group were less likely to fall ill and had stronger immune systems compared to those in group A. So being a small eater strengthens the immune system against diseases.

Now you understand how being a small eater is related to the immune system, let’s look at how it helps to prevent cancer.

As I said before, being a small eater strengthens your immune system. So, automatically, it helps to fight cancer cells also.

A study by researchers at the University of California, Berkeley reported in 2005 that healthy mice given only 5 percent fewer calories than mice allowed to eat freely experienced a significant reduction in indicators for cancer risk. The key point was that the mice eating 5 percent fewer calories were fed three days a week. So it raises the possibility that being a small eater can prevent the occurrence or reoccurrence of cancer.

When we are sick, either with cancer or other common Illness, we tend to lose our appeties? Why? It is considered our natural response to strengthen our immune system and treat cancer. However, many people or even doctors force cancer patients to eat something to improve their strength. But is it truly right?

Now you understand why being a small eater helps prevent cancer, let’s look at how it can increase your lifespan.

Let’s think about when your immune system becomes stronger to fight against any disease. Consequently, by reducing the risk of any serious diseases, you automatically increase your lifespan.

Moreover, in 2005, Mark Mattson at the National Institute on Aging divided mice into 3 groups. The 1st group allowed to eat freely, the 2nd group to consume 60% fewer calories, and the 3rd group to only eat every other day. As a result, the mice allowed to eat every other day had longest lifespans and no disease. Let me show you another example as it relates to human being. In 2006, a medical article *Pharmacia* reported that in a Spanish nursing home, people were divided into two groups; one given only 1,800-calorie meals and one given 1,800-calorie meals one day and water fasting every other day. As a result, the latter group had much longer lifespans. From both experiments, the less they ate, the healthier they became. Therefore, we can say that being a small eater can positively affect our lifespans.

Let me summarize.

Being a small eater helps to strengthen the immune system, prevent cancer, and expand the lifespan, so it is not only the cheapest way but also the most effective way to be healthy. Now you know why you should be a small eater. Therefore, the less you eat, the lighter you will be, but the heavier your wallet will be