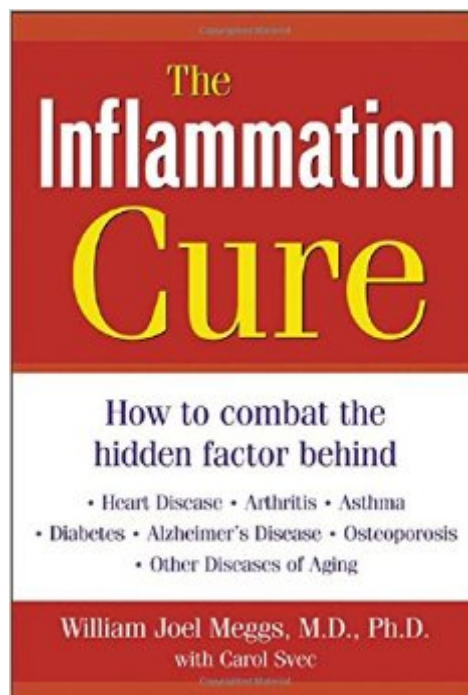


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# The Inflammation Cure : How To Combat The Hidden Factor Behind Heart Disease, Arthritis, Asthma, Diabetes, & Other Diseases



## Synopsis

A powerful new program for preventing the diseases of aging--based on cutting edge research In recent stories, both the New York Times and CNN reported on the vital link between inflammation and the risk of heart disease, as well as diseases associated with aging including arthritis, Alzheimer's disease, frailty, osteoporosis, and some cancers. The Inflammation Cure is on the cutting edge of this research, exposing this connection and showing readers how to protect themselves. In accessible language, Dr. William Meggs, an originator of the inflammation-related theory of neurogenic switching, explains the research and outlines a practical and complete program for controlling inflammation and returning to vibrant good health. The Inflammation Cure: Explains up-to-the-minute thinking on the role inflammation plays in aging and health Reveals what causes inflammation and how you can tell if you have it Presents a comprehensive program to reduce inflammation and promote wellness Provides information on anti-inflammatory foods and supplements, medications, exercise, and more

## Book Information

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## Customer Reviews

Dr. Meggs is professor and chief of the division of toxicology at the Brody School of Medicine at East Carolina University in Greenville, North Carolina. He has been instrumental in the development of the theory of neurogenic switching, which is related to the study of inflammation. As such, he is definitely an expert on the subject of this book. Dr. Meggs states that a growing body of medical research points to the process of inflammation in the body as a primary contributor to (if not an

actual cause of) the major killer diseases: heart disease, stroke, diabetes and cancer (in particular, colon, stomach, esophageal, lung, breast and ovarian cancer). Inflammation is also implicated in chronic fatigue, fibromyalgia, obesity and sleep disorders. It plays a major part in the bodily degeneration of aging, especially Alzheimer's and osteoporosis, and it is strongly implicated in the progression of autoimmune diseases such as rheumatoid arthritis, osteoarthritis, Hashimoto's thyroiditis, asthma, dermatitis, lupus, and scleroderma. Dr. Meggs provides clear, easily understood explanations of what inflammation is, how we get it, and how to avoid it. He also offers an inflammation quiz to allow you to self-screen for inflammation. His writing (and that of his co-author Carol Svec, an award-winning health writer) is accessible throughout the book, and the flow from subject to subject is so smooth, it invites the reader to study every word. In addition, the book contains a detailed table of contents, an index, and 21 pages of references for those who wish to pursue this subject further. I found it extremely helpful that after making an extensive, well-documented case for the ravages of inflammation in the body, Dr.

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