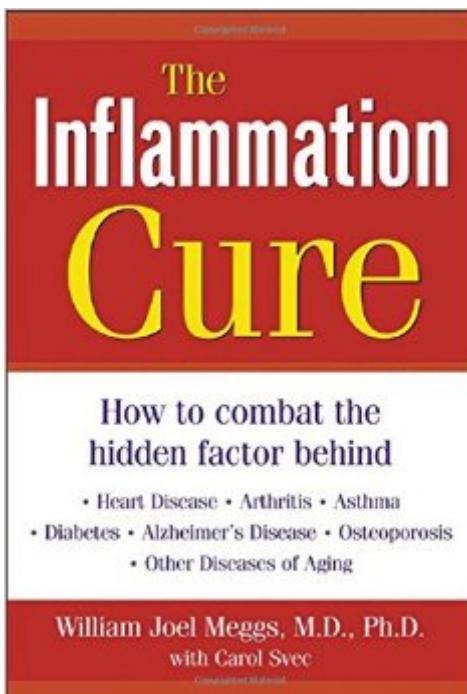


The book was found

# 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**

Hardcover: 272 pages

Publisher: McGraw-Hill; 1 edition (August 1, 2003)

Language: English

ISBN-10: 0071413200

ISBN-13: 978-0071413206

Product Dimensions: 6.2 x 1 x 9.1 inches

Shipping Weight: 1.2 pounds

Average Customer Review: 4.0 out of 5 starsÂ See all reviewsÂ (24 customer reviews)

Best Sellers Rank: #742,378 in Books (See Top 100 in Books) #71 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Osteoporosis #4063 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss #5782 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

## **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.

[Download to continue reading...](#)

The Inflammation Cure : How to Combat the Hidden Factor Behind Heart Disease, Arthritis, Asthma, Diabetes, & Other Diseases Arthritis: Arthritis Relief for Osteoarthritis, Rheumatoid Arthritis, Gout, Psoriatic Arthritis, and Juvenile Arthritis. Follow The Arthritis Diet, Cure and Treatment Free Yourself From The Pain The Inflammation Cure: Simple Steps for Reversing heart disease, arthritis, asthma, diabetes, Alzheimer's disease, osteoporosis Heart Disease: Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice Asthma: Treatment for beginners (2nd EDITION + BONUS CHAPTERS) - Diet, Cures and Natural Remedies to get rid of Asthma Naturally (Asthma Cure - Asthma Diet - Asthma Treatment - Asthma Tips Book 1) Diabetes Diet:: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure) Diabetes Diet: The Ultimate Diabetic Diet Plan, How To Lose Weight, Prevent And Cure Type 2 Diabetes (Diabetes, Diabetes Diet, Diabetes Diet Plan, Diabetes ... Diabetes, Type 2 Diabetes Diet Book Book 1) Diabetes: How To Reverse Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 1 Diabetes, Type 2 Diabetes, Diabetes free, Reversing Diabetes) Diabetes: Reverse Diabetes: How to reverse diabetes and manage type 2 diabetes, type 1 diabetes and gestational diabetes (Diabetes, Type 2 diabetes, Type ... sugar, diabetic recipes, what is diabetes) Diabetes: Diabetes Diet: 3 Steps to Cure Diabetes The Ultimate Guide with the Top Foods to Restoring Blood Sugar (diabetes, type 2 diabetes, diabetes symptoms, type ... diet, glucose, type 2 diabetes symptoms) Diabetes Diet - Ultimate Step-by-Step

Guide to Reversing Diabetes With Your Diet: Diabetes, Diabetes Diet, Diabetes Cure, Reverse Diabetes, Type 2 Diabetes, Vegan, Vegetarian Diabetes: Diabetes Black Book: Reverse Diabetes Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes) The Type 2 Diabetes Cure - How to Reverse Diabetes Naturally and Enjoy Healthy Living for Life (Reverse Diabetes, Diabetes, Type 2 Diabetes, Diabetes Diet, ... Solution, Type 2 Diabetes Cookbook, Book 1) Diabetes: The Most Effective Ways and Step by Step Guide to Reverse Diabetes: (Diabetes, Diabetes Diet, Lower Blood Sugar, Diabetes free, Diabetes Cure, Reversing Diabetes) TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ...) DIABETES,diabetic cookbook,type 2 diabetes) Diabetes Diet Cookbook: Delicious Low Carb Recipes For Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar) Diabetes: Diabetes Prevention And Symptoms Reversing, Guide To Diabetes Diet, Nutrition Tips, The "Cure" For Diabetes Type 2 (Diabetes Diet Cookbook And ... Dummies, Reverse Diabetes Without Drugs 1) Diabetes: Reverse Diabetes With Proven Step By Step Methods And Superior Strategies (Diabetes Diet, Diabetes Cure, Insulin, Type 1 Diabetes, Type 2 Diabetes) Diabetes: The Most Effective Diabetic Superfoods To Reverse And Prevent Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 2 Diabetes, Reverse Diabetes) Living a Healthy Life with Chronic Conditions: Self-Management of Heart Disease, Arthritis, Diabetes, Depression, Asthma, Bronchitis, Emphysema and Other Physical and Mental Health Conditions

[Dmca](#)