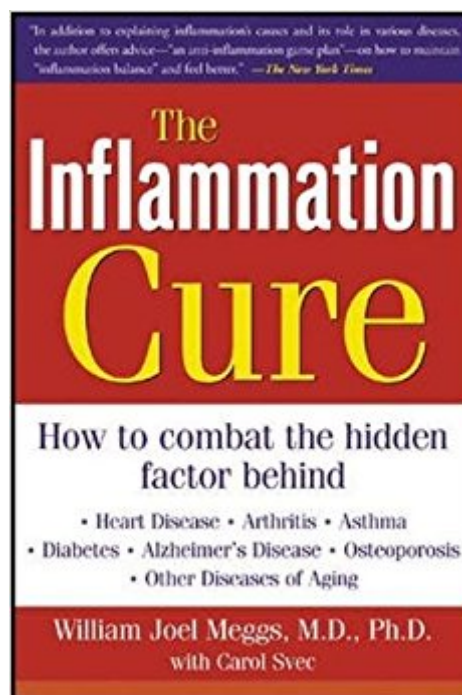




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# The Inflammation Cure: Simple Steps For Reversing Heart Disease, Arthritis, Asthma, Diabetes, Alzheimer's Disease, Osteopor



## Synopsis

"In addition to explaining inflammation's causes and its role in various diseases, the author offers advice--'an antiinflammation game plan'--on how to maintain 'inflammation balance' and feel better."--The New York Times In clear, everyday language, William Meggs, M.D., explains what causes inflammation, its relationship to disease in the body, and what steps readers can take to minimize their risk.

## Book Information

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## Customer Reviews

"In addition to explaining inflammation's causes and its role in various diseases, the author offers advice - " an anti-inflammation game plan" - on how to maintain "inflammation balance" and feel better." - The New York Times"

". . . a levelheaded approach, weaving the latest research on various diseases into a broad picture."--Library Journal Inflammation is a natural part of our immune system, helping to protect us from serious infection and heal injuries. But inflammation processes can and do malfunction. Just as inflammation destroys germs, uncontrolled inflammation can ravage our bodies. Heart disease, diabetes, obesity, arthritis, Alzheimer's disease, depression, and many types of cancer are linked to inflammation, but the relationships have been little understood. And ways to prevent or cure these medical problems have been totally unknown. Until now. In a clear, easy-to-understand tone, William Meggs, M.D., and Carol Svec help you guard against the life-threatening dangers of severe

or long-term inflammation. This valuable guide gives you crucial information on: The inflammation connection and its impact on your health and aging What triggers inflammation The link between inflammation and fatigue, obesity, depression, and insomnia A lifestyle, diet, and medication program that lowers your risk of inflammation and promotes wellness And much more A more complete understanding of inflammation ushers in an era of great possibilities--a revolutionary era when treating diseases such as asthma and diabetes will be akin to treating the common cold. Today, you can take the first step toward controlling your inflammation risk and assuring life-long health by discovering the power of The Inflammation Cure.

I recommend everyone should read this book. This would be a great book for high school science or health majors. If more research went toward inflammation, a better understanding of many diseases would be understood and COULD be prevented IF insurance and pharmaceutical companies didn't rule our health system.

Meggs and Svec have skilfully reduced A highly complex formula for healthful aging into a single term. A message for the ages. Well done! James G. Crawford PhD

Using these guidelines and feeling better!

Great book on the causes of so many diseases and illnesses. Everyone who eats a normal western diet should read this book. This book shows how eating a normal western diet of fast food burgers and french fries creates some much inflammation in our bodies, any disease or illness is possible.

I checked this book out of the library about 9-10 years ago. I had bought a walker and a cane because of pain in my knee. I dreaded every step I had to take. I'd tried injections directly into the knee and had taken Bextra, which is now off the market. I didn't do everything that this book recommends, and I committed initially to try it only for two weeks. By that time the pain had gone from a 10 to a 2, and I will never go back to eating the way I used to eat. I can still walk three miles most days, and I lead an active life. The pain in my lower back improved, too. Before, I couldn't work in my flower garden without taking four ibuprophen to dull the pain. Now I rarely take any for any reason. A lot of people won't want to cut back the meat and the sugar, but they just don't hurt badly enough yet. Also, without trying I lost 25 pounds. My BMI is now right where it should be. It's the inflammation that causes the pain. You can't heal the underlying condition, like arthritis, but you can

lessen the inflammation. That's what causes the pain. Scientists have now connected inflammation with many diseases, like cancer, heart disease. I bought this copy for a friend.

The best, and most concise book written about inflammation and its effects on the human body. I put the info from this book to use and lost 20 lbs and have gotten my 50 yr old body into the best shape of my life.

Easy to understand, eye-opening, information that has helped me understand & move in the direction of remedying a chronic medical condition that I have developed.

not that informative, just seemed to mostly confirm what I have already experienced at the age where inflammation occurs. I am glad I read it, though.

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