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The Inflammation Syndrome: Your Nutrition Plan for Great Health, Weight Loss, and Pain-Free Living (Revised edition)

By Jack Challem

Turner Publishing Company. Paperback. Book Condition: new. BRAND NEW, The Inflammation Syndrome: Your Nutrition Plan for Great Health, Weight Loss, and Pain-Free Living (Revised edition), Jack Challem, Completely revised and updated-Jack Challem's powerful plan to safely prevent and overcome inflammatory disorders Inflammation is what happens when our body's own defenses turn on us-and it is a huge and growing problem. Written by the author of the groundbreaking Syndrome X, this essential updated edition of The Inflammation Syndrome draws on cutting-edge research conducted around the world to provide a revolutionary approach to healing inflammation-related problems through an easy-to-follow nutrition and supplement program.* Includes new recommendations for individualized diet and supplement plans* Presents fourteen steps for restoring dietary balance, plus recipes and menu plans * Reveals the powerful role inflammation plays in a wide variety of common health conditions--from simple aches and pains to heart disease, obesity, diabetes, arthritis, asthma, and athletic injuries* Features dramatic case histories and the latest information on dosage recommendations for anti-inflammation supplements such as fish oils, vitamins, and herbs* Other books by Jack Challem: Syndrome X, The Food-Mood Solution, Feed Your Genes Right, and Stop Prediabetes Now Read The Inflammation Syndrome and learn just how easy it..

Reviews

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