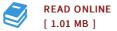




## The Inflammation Syndrome: Your Nutrition Plan for Great Health, Weight Loss, and Pain-Free Living (Revised edition)

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

This book is definitely not easy to get going on reading but extremely entertaining to learn. It is actually filled with knowledge and wisdom I am very easily will get a delight of reading a composed ebook.

## -- Krystina Breitenberg

Very good electronic book and useful one. it absolutely was writtern extremely completely and useful. You will not feel monotony at at any moment of your respective time (that's what catalogs are for relating to when you question me). -- Prof. Noah Zemlak DDS

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