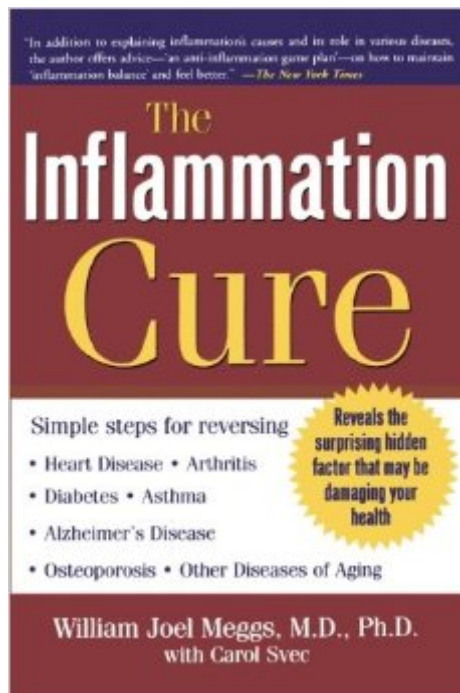


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# The Inflammation Cure: Simple Steps For Reversing Heart Disease, Arthritis, Asthma, Diabetes, Alzheimer's Disease, Osteopor



## 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

Paperback: 256 pages

Publisher: McGraw-Hill Education; 1 edition (January 21, 2005)

Language: English

ISBN-10: 0071438718

ISBN-13: 978-0071438711

Product Dimensions: 5.9 x 0.6 x 8.9 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

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

Best Sellers Rank: #296,913 in Books (See Top 100 in Books) #34 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Osteoporosis #187 inÂ Books > Health, Fitness & Dieting > Mental Health > Dementia #21922 inÂ Books > Medical Books

## 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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