



The Inflammation Cure: Simple Steps for Reversing heart disease, arthritis, asthma, diabetes, Alzheimer's disease, osteopor

William Meggs, Carol Svec

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"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.

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