

The Inflammation Cure



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著者:MEGGS

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This book reveals the hidden connection between many of the diseases of aging - inflammation - and presents a complete program for maintaining good health. It also: explains the cutting-edge research that reveals inflammation as the culprit behind many diseases related to aging, including heart disease, osteoporosis, Alzheimer's Disease, and even cancer and asthma; outlines a complete program for keeping inflammation to a minimum - what foods to eat, recommended supplements, weight control, and which medications to take and which to avoid; and, includes a head-to-toe guide of ways to prevent or reduce inflammation.

作者介绍:

目录:

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