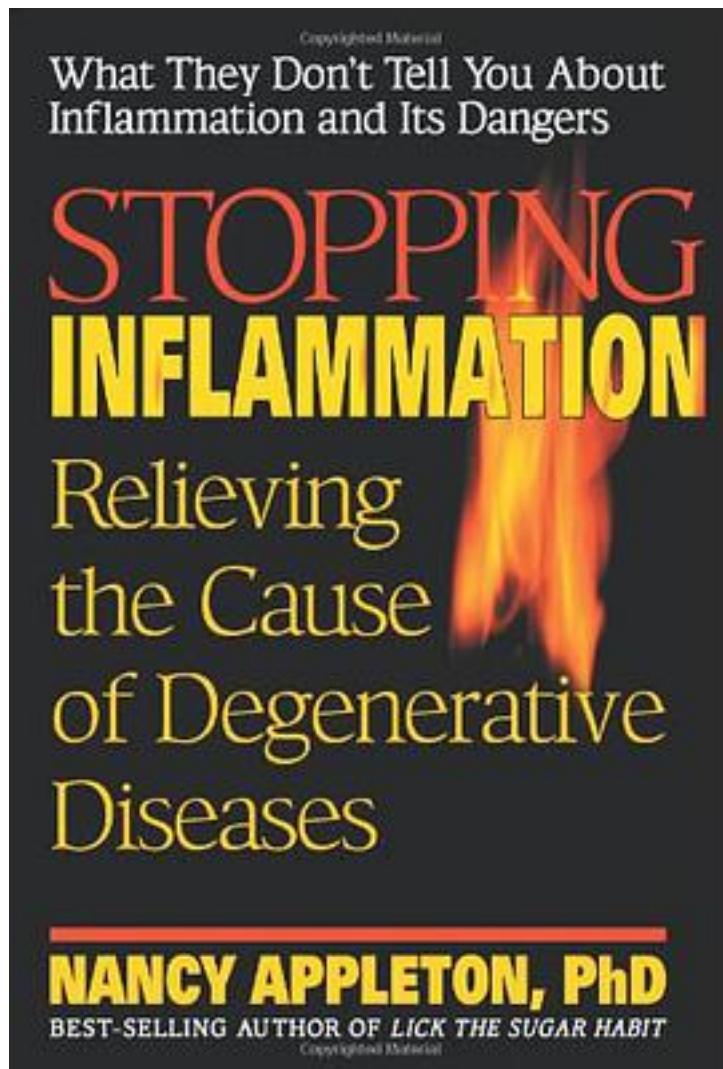


# Stopping Inflammation



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Most of us think of inflammation as a symptom associated with an infection or injury. Dr. Nancy Appleton, however, has discovered that it might be more than just a simple reaction to a health disorder. When the body's tissues are disturbed in some manner, a series of complex reactions takes place, resulting in inflammation. In most cases, when the disorder stops, the tissue returns to its normal healthy state. Sometimes, though, the tissue remains chronically inflamed. Dr. Appleton's research demonstrated that this condition might be more harmful than ever suspected. Drawing on the latest medical research, "Stopping Inflammation" begins with a full explanation of inflammation and its causes. It then looks at its role in various health disorders from obesity to heart disease to cancer. Finally, the book provides a number of nondrug treatments aimed not at controlling the problem, but at removing its cause. Twenty years ago, Dr. Appleton's groundbreaking bestseller, "Lick the Sugar Habit," exposed the dangers of sugar and diet. In "Stopping Inflammation," she examines the impact of inflammation on medical conditions, and offers safe and credible solutions.

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