

Inflammation Nation



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Nowadays, more people than ever suffer from some variety of inflammatory disease, including asthma, allergies, arthritis, heart disease, and diabetes. And the rest of us are probably subjecting ourselves to conditions that will lead us to develop one or more of these maladies. Inspired to action by his own sister's struggle with rheumatoid arthritis, Dr. Floyd Chilton - a celebrated scientist with over thirty-five patents to his credit - has spent fifteen years developing the groundbreaking programme in this book.

"Inflammation Nation" offers the first all-natural diet solution to this growing health crisis. What can possibly account for the stunning increase in inflammatory diseases at precisely the time in medical history when our healthcare is better than it's ever been? As Dr. Chilton clearly shows, it's our diet - too many foods with an excess of fatty acids. In "Inflammation Nation", readers will find a detailed dietary plan that can begin to remedy the conditions that lead to inflammatory disease in as little as seven to ten days. Dr. Chilton presents a new food pyramid, inflammation index, and a two-week meal plan with recipes that are delicious, easy-to-follow, and that offer the added benefit of staying trim. Based on hard science, this programme offers nothing less than greater health and long life to everyone.

作者介绍:

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