



The Inflammation Cure

William Joel Meggs

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A powerful new program for preventing the diseases of aging--based on cutting edge research

In recent stories, both the *New York Times* and CNN reported on the vital link between inflammation and the risk of heart disease, as well as diseases associated with aging including arthritis, Alzheimer's disease, frailty, osteoporosis, and some cancers. *The Inflammation Cure* is on the cutting edge of this research, exposing this connection and showing readers how to protect themselves.

In accessible language, Dr. William Meggs, an originator of the inflammation-related theory of neurogenic switching, explains the research and outlines a practical and complete program for controlling inflammation and returning to vibrant good health.

The Inflammation Cure:

- Explains up-to-the-minute thinking on the role inflammation plays in aging and health
- Reveals what causes inflammation and how you can tell if you have it
- Presents a comprehensive program to reduce inflammation and promote wellness
- Provides information on anti-inflammatory foods and supplements, medications, exercise, and more

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James Shipp:

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