



User's Guide to Inflammation, Arthritis, and Aging: Learn How Diet and Supplements Can Reduce Inflammation and Slow the Aging Process (Basic Health Publications User's Guide)

Ron M.D. Hunninghake

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Hunninghake

Inflammation causes the aches and pains of arthritis, the discomfort of allergies, and the breathing obstruction of asthma. But over the past several years, medicine has recognized that chronic inflammation is a key underlying factor in heart disease Alzheimer's, some cancers, and the aging process itself. In this User's Guide, Dr. Hunninghake explains exactly how inflammation is involved in these diseases, how it can be easily measured, and the foods and nutritional supplements that can help you prevent and reverse inflammation.

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