

## The inflammation syndrome : the complete nutritional program to prevent and reverse heart disease, arthritis, diabetes, allergies, and asthma

Challem, Jack, author

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### Abstrak

Focuses on inflammation, the most important underlying factor in health and disease. This book shows us how the antioxidant vitamins E and C, modifying lifestyle factors, food and nutritional supplements, and nutraceuticals can be useful in reducing the risks of inflammatory disorders.