



# 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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Playing with family in a very park, coming to see the sea world or hanging out with close friends is thing that usually you have done when you have spare time, in that case why you don't try issue that really opposite from that. One particular activity that make you not sensation tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love The Inflammation Cure, you can enjoy both. It is fine combination right, you still would like to miss it? What kind of hangout type is it? Oh occur its mind hangout men. What? Still don't obtain it, oh come on its identified as reading friends.

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