



Stopping Inflammation: Relieving the Cause of Degenerative Diseases

Nancy Appleton

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Most of us think of inflammation as a symptom associated with an infection or injury. Dr. Nancy Appleton, however, has discovered that it might be more than just a simple reaction to a health disorder. When the body's tissues are disturbed in some manner, a series of complex reactions takes place, resulting in inflammation. In most cases, when the disorder stops, the tissue returns to its normal healthy state. Sometimes, though, the tissue remains chronically inflamed. Dr. Appleton's research demonstrates that this condition might be more harmful than ever suspected.

Drawing on the latest medical research, *Stopping Inflammation* begins with a full explanation of inflammation and its causes. It then looks at inflammation's role in

various health disorders, from obesity to cancer. Finally, the book provides a number of nondrug treatments aimed not at controlling the problem, but at removing its cause. Here are safe and credible solutions for restoring good health.

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