



Reversing Inflammation: Prevent Disease, Slow Aging, and Super-Charge Your Weight Loss

Don Colbert

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A natural, whole-body approach to reducing inflammation and feeling your best

Inflammation is an important component of the immune system. It is essential for the healing process since it is a programmed response, necessary for fighting infections and repairing damaged tissues. However, problems arise when this inflammatory reaction becomes systemic and goes unchecked for months or years. When this happens, the same chemicals used for healing can cause weight gain and eventually trigger a host of deadly diseases.

Based on the life-changing principles shared in his *New York Times* best-selling books—tailored to specifically address inflammation—this book walks you through the process of building a healthy lifestyle. With nutritional and alternative health tips and an interactive food journal, it reveals:

What foods contribute to inflammation What foods control inflammation Groundbreaking research on how fat contributes to inflammation How to shop and eat out while on the anti-inflammatory diet Supplements that support weight loss and overall health And so much more!

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From Reader Review Reversing Inflammation: Prevent Disease, Slow Aging, and Super-Charge Your Weight Loss for online ebook

Arlene Adkins-Zell says

Very informative and easy to understand.

Karen says

This book has a great deal of information. I'm not confident it could all be effectively implemented for most of us. I am a firm believer in the benefit of any step in the right direction, however, and that makes this a worthwhile read.

Helen says

just couldn't get into this book at this time we'll try again when I'm feeling more serious about my health

Jessica says

Very hard to read because of religious references. The focus seemed to be on losing weight, not specifically fighting inflammation for autoimmune disease as I had hoped.

I skimmed parts that seemed irrelevant. And that was a lot.

Dixie says

I received a free copy of this book through the FirstReads giveaways program. The topic is of interest to me as I live with disease that includes chronic inflammation. This offers readers, in one comprehensive volume, sufficient information to make wise lifestyle choices to diminish and, if followed for the rest of one's life, banish the ailment. The reading is appropriate to the everyday reader; one does not need to be a health care scholar to understand and put into practice the recommendations given.

Jenny says

This book was very helpful. I plan to reread it at some point, but definitely keep it on hand for reference. I have many allergy issues and much joint pain that I am hoping will benefit from an anti-inflammatory or low inflammatory diet and regimen. I don't know that I will take a great deal of supplements as in the later chapter, but I dare say it would behoove me to at least drink more green tea. I hope to see results.

Nissa says

I received this book free though Goodreads. This book has been very helpful to me as I suffer from a skin condition. I loved it so much I loaned it to a family member because she suffers from a number a ailments. I would recommend this book to anyone with inflammation problems. It helped me to understand some of the causes of my skin problems due to inflammation and how to avoid triggers. There are many causes to inflammation problems and this book will explain some of the common issues with it and how to help or reduced the problem.
