



The Inflammation Syndrome: Your Nutrition Plan for Great Health, Weight Loss, and Pain-Free Living

Jack Challem

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Completely revised and updated-Jack Challem's powerful plan to safely prevent and overcome inflammatory disorders

Inflammation is what happens when our body's own defenses turn on us-and it is a huge and growing problem. Written by the author of the groundbreaking *Syndrome X*, this essential updated edition of *The Inflammation Syndrome* draws on cutting-edge research conducted around the world to provide a revolutionary approach to healing inflammation-related problems through an easy-to-follow nutrition and supplement program.

- Includes new recommendations for individualized diet and supplement plans
- Presents fourteen steps for restoring dietary balance, plus recipes and menu plans
- Reveals the powerful role inflammation plays in a wide variety of common health conditions—from simple aches and pains to heart disease, obesity, diabetes, arthritis, asthma, and athletic injuries
- Features dramatic case histories and the latest information on dosage recommendations for anti-inflammation supplements such as fish oils, vitamins, and herbs
- Other books by Jack Challem: *Syndrome X*, *The Food-Mood Solution*, *Feed Your Genes Right*, and *Stop Prediabetes Now*

Read *The Inflammation Syndrome* and learn just how easy it can be to take charge of your diet and health.

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