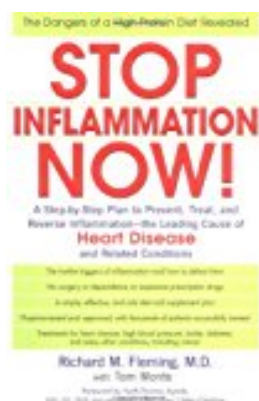


[PDF] Stop Inflammation Now !

Richard Fleming - pdf download free book



Books Details:

Title: Stop Inflammation Now !
Author: Richard Fleming
Released: 2003-12-29
Language:
Pages: 320
ISBN: 0399151117
ISBN13: 978-0399151118
ASIN: 0399151117

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Description:

From Publishers Weekly The author, a nuclear cardiologist and founder of the Fleming Heart and Health Institute in Omaha, Neb., builds on his earlier work (*How to Bypass Your Bypass: What Your Doctor Doesn't Tell You About Cholesterol and Your Diet*) to identify in this reader-friendly guide 12 risk factors for heart disease. According to Fleming, these factors—which include high blood cholesterol level (over 150), excess weight, elevated homocysteine (resulting from eating too much animal protein) and oxidants in the blood stream—trigger an inflammatory reaction that causes heart disease and may also be responsible for diabetes, arthritis and other serious conditions. Dismissing bypass surgery and angioplasty as short-term solutions, Fleming claims that his suggested diet,

combined with regular exercise such as daily walking, will reverse heart disease without medication or surgery. He recommends that his diet be adopted in two phases: phase one is composed solely of fruit and vegetables; after consistent improvement in cardiac health has been accomplished, phase two, which adds whole grains, low-fat dairy and moderate servings of protein, may be undertaken. A variety of sample recipes and menus are provided. Fleming is opposed to the currently popular high-protein diets for losing weight. Although his exercise and eating plan certainly promotes health, the diet, which also eliminates caffeine, may discourage those who find it too restrictive.

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About the Author Richard m. Fleming, M.D. is the founder and director of the Fleming Heart and Health Institute, located in Omaha, Nebraska. Thousands of people from around the world come to the Fleming Institute for treatment of heart disease, cancer, and nutrition-related disorders.

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