



The Inflammation Cure Cookbook

K. B. Myers

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The Inflammation Cure, published in 2003 and favorably reviewed by the New York Times and Library Review, provided five scientifically verified ways to reduce the personal risk of diseases related to inflammation, including Alzheimer's disease, heart attacks, strokes, obesity, and arthritis. Even the rate at which we age can be slowed with the proper, healthy diet and an active lifestyle. In this sequel, The Inflammation Cure Cookbook, registered dietitian nutritionist Dr. Kimberly Myers and physician Dr. William Meggs combine their expertise to produce delectable recipes that prove healthy eating can also be tasty cuisine. By adding key foods to the daily diet, such as salmon, other fatty fish, nuts, green tea, and olive and canola oils, it's possible to counteract the negative effects of the Western diet. They recommend using herbs and spices that have been shown to have significant anti-inflammatory properties. In addition, garlic, onions, apples, oranges, and broccoli have strong health-promoting properties. Since diet is only one component of a healthy lifestyle, there is an extensive discussion of other ways beyond diet to reduce the risk of diseases related to aging. Of particular importance to our aging population is maintaining an active lifestyle that can delay the degenerative changes related to aging and insure increased years of healthy living. Informative and detailed, The Inflammation Cure Cookbook can help anyone interested in optimizing their health and longevity.

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Mildred Ortiz:

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Raymond Garza:

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