



Idiot's Guides: The Anti-Inflammation Diet, Second Edition

Christopher P. Cannon M.D., Heidi McIndoo M.S. R.D.

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New research shows that abnormal inflammation may be linked to a variety of diseases and conditions, including heart disease, cancer, asthma, diabetes, and arthritis. A diet designed to reduce and reverse inflammation can improve overall health.

Idiot's Guides: The Anti-Inflammation Diet, Second Edition includes a wealth of information about how the diet works and the latest in research and testing. It offers healthy eating plans, food lists, and delicious recipes. An Associate Professor of Medicine at Harvard Medical School, Dr. Cannon also includes valuable information on stress reduction, exercise, and weight control.

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