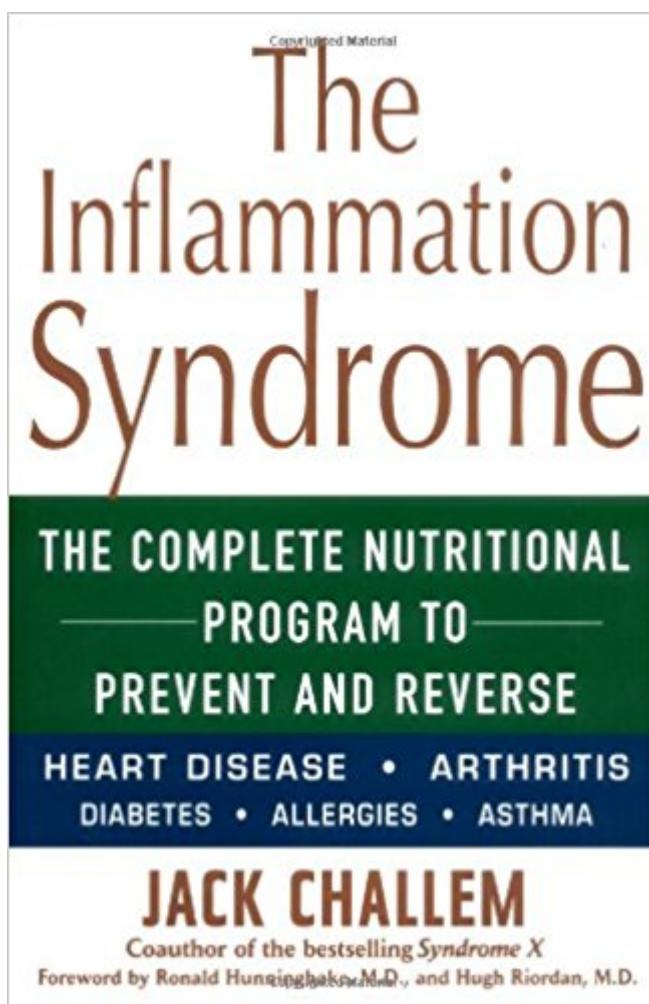


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# The Inflammation Syndrome: Your Nutrition Plan For Great Health, Weight Loss, And Pain-Free Living



## Synopsis

Early Acclaim for The Inflammation Syndrome""Challem's new book hits a home run-with the latest research on what to eat and take to defeat our real number-one cause of health problems-inflammation. It's a message of the utmost importance.""-Jean Carper, New York Times bestselling author of Stop Aging Now! and Your Miracle Brain, and columnist, USA Weekend magazine""Treating and preventing inflammation has become a major priority and a breakthrough in today's medicine. Many of our most debilitating diseases can be traced to an inflammatory cause. The program Jack Challem outlines in The Inflammation Syndrome is a great first step in ridding your body of this deadly problem.""-Fred Pescatore, M.D., author of Thin For Good, The Allergy and Asthma Cure, and Feed Your Kids Well""The Inflammation Syndrome compellingly shows how the typical Western diet promotes inflammation and disease. In a scientifically accurate and easy-to-understand manner, Jack Challem lays out the basic nutrition plan for good health and weight loss-a plan that mimics many features of the ancestral and native human diet.""-Loren Cordain, Ph.D., author of The Paleo Diet""Jack Challem has hit the bull's-eye when it comes to identifying the root cause of chronic inflammation-our pro-inflammatory Western diet. Following Challem's recommendations will not only relieve inflammation, it will lay the groundwork for optimal health.""-Jo Robinson, coauthor of The Omega Diet and principal investigator of eatwild.com""In this book, Jack Challem focuses on inflammation, the most important underlying factor in health and disease. Anti-inflammatory strategies can slow the chronic and degenerative diseases of aging-even aging itself. Jack Challem shows us how the antioxidant vitamins E and C, modifying lifestyle factors, food and nutritional supplements, and nutraceuticals can be useful in reducing the risks of inflammatory disorders.""-Lester Packer, Ph.D., the world's foremost antioxidant research scientist and lead author of The Antioxidant Miracle

## Book Information

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## Customer Reviews

What is the Inflammation Syndrome? It's the cumulative effect of low-grade inflammation; including the aches and pains that we all experience; that grows into chronic, debilitating disease. The Inflammation Syndrome breaks down your body, making you feel old, tired, and sick. Triggered by inflammatory foods in your diet, the Inflammation Syndrome wreaks havoc on your health, paving the way for such serious diseases as heart disease, diabetes, Syndrome X, obesity, arthritis, allergies, asthma; even some cancers. Written by the bestselling coauthor of the groundbreaking Syndrome X, the book that helped bring the attention of the public to insulin resistance and the diabetes epidemic, The Inflammation Syndrome is the first major book to describe the broad role inflammation plays in disease; and to show you how to reverse and heal it. Drawing on the cutting-edge research being done all over the world; research that has led to the successful treatment of many people who were considered untreatable or incurable by conventional medicine; Jack Challem provides a revolutionary approach to healing inflammation through an easy-to-follow nutritional program. Challem includes quizzes and tests to assess inflammation levels and risks; anti-Inflammation Syndrome recipes and menu plans; and easy ways to use healthy fats and other nutrients to quench the fires of inflammation. Challem reveals many of the hidden dangers in foods that set the stage for inflammation, causing aches, pains, and allergic reactions and increasing the long-term risk of life-threatening diseases. He shares the latest information on the problems with conventional prescription and over-the-counter anti-inflammatory drugs. He also offers dramatic case histories of patients treated by nutritionally oriented practitioners and up-to-the-minute information on and dosage recommendations for the best natural anti-inflammation supplements, such as fish oils, vitamin E, herbs, and many other natural remedies. Providing a powerful plan to safely prevent and overcome inflammatory disorders, The Inflammation Syndrome shows just how easy it can be to take charge of one's diet and health; and to feel great.

Early Acclaim for The Inflammation Syndrome"Challem's new book hits a home run; with the latest research on what to eat and take to defeat our real number-one cause of

health problems&#150;inflammation. It&#146;s a message of the utmost importance."&#150;Jean Carper, New York Times bestselling author of *Stop Aging Now!* and *Your Miracle Brain*, and columnist, USA Weekend magazine"Treating and preventing inflammation has become a major priority and a breakthrough in today&#146;s medicine. Many of our most debilitating diseases can be traced to an inflammatory cause. The program Jack Challem outlines in *The Inflammation Syndrome* is a great first step in ridding your body of this deadly problem."&#150;Fred Pescatore, M.D., author of *Thin For Good*, *The Allergy and Asthma Cure*, and *Feed Your Kids Well*"*The Inflammation Syndrome* compellingly shows how the typical Western diet promotes inflammation and disease. In a scientifically accurate and easy-to-understand manner, Jack Challem lays out the basic nutrition plan for good health and weight loss&#150;a plan that mimics many features of the ancestral and native human diet."&#150;Loren Cordain, Ph.D., author of *The Paleo Diet*"Jack Challem has hit the bull&#146;s-eye when it comes to identifying the root cause of chronic inflammation&#150;our pro-inflammatory Western diet. Following Challem&#146;s recommendations will not only relieve inflammation, it will lay the groundwork for optimal health."&#150;Jo Robinson, coauthor of *The Omega Diet* and principal investigator of eatwild.com "In this book, Jack Challem focuses on inflammation, the most important underlying factor in health and disease. Anti-inflammatory strategies can slow the chronic and degenerative diseases of aging&#150;even aging itself. Jack Challem shows us how the antioxidant vitamins E and C, modifying lifestyle factors, food and nutritional supplements, and nutraceuticals can be useful in reducing the risks of inflammatory disorders."&#150;Lester Packer, Ph.D., the world&#146;s foremost antioxidant research scientist and lead author of *The Antioxidant Miracle*

I bought this book in desperation as my chronic inflammatory pain and the crippling exhaustion from chronic Epstein Barr have had me so dependent upon Tylenol and aspirin I feared for my liver and stomach. The first thing I did ( with my docs ok ) was drop my statin drug and start taking 6 gms of flax seed oil and 1 gm of evening primrose oil daily, along with changing my diet. I have to tell you it was the best thing I've done. My muscle and joint pain - previously so bad I worked part time for a bit - is 85% gone!! My knees, my biggest problems, are so good I can walk in the evenings with my husband, where before I was in physical therapy to get through the grocery store. I couldnt even take care of my grandson for a whole evening alone, and now Gramma can get on the floor and play !In the past 2 months I've added vit c, balanced b, coenzyme Q10 ( this one gave me the sweats at only 30 mg, not so crazy about it ), and vit E. I eat as few omega-6 foods as possible without going nuts and when I just have to have something "bad" I take more flax to balance it. My

blood sugar has leveled out ( I combined this book and his "Syndrome X" to find the diet that works for me..even though I'm not much for fish ).I bought this for my niece as well, as she also has the family curse of an inflammatory disease litany.

Jack Chellam's "Inflammation Syndrome" is one of the best books on diet I've read. The author focuses on the discovery that most diseases start with an inflammatory process and emphasizes how certain foods cause inflammation in your body. Mr. Chellam discusses many diseases such as cancer, allergies, diabetes, obesity, sports injuries and depression to name a few. "The Inflammation Syndrome" helps the reader rediscover the way humans ate prior to the agricultural boom and mass production of so called "food items" that have led to many diseases we have today. Each chapter is filled with helpful information that can help direct oneself to a better life diet. The anti-inflammatory diet outlined in the "Inflammation Syndrome" has reversed a chronic digestive problem I've suffered with all my life. I was first attracted to Jack Chellam's book because he discusses that most vegetable oils (corn, soybean, safflower etc) can cause inflammation and the frying of them is a double-wammy. The author discusses proper diet, anti-inflammatory supplements, and the side effects of some anti-inflammatory medications. For example, aspirin is known to cause permanent cartilage deterioration in the joints. The "Inflammation Syndrome" is filled with useful information and is a must read.

This book has been an absolute life saver for me. At the time I found this book, I was suffering from severe arthritis in my knees, hips, tailbone, and neck. I was hurting so bad, I was seriously worried I would no longer be able to work. I had been on just about every single arthritis medication there is from pills, to injections, to infusions. Nothing helped. I bought this book in desperation and immediately began to change my diet. It was the only thing I had not tried and that doctors had not even suggested. I eliminated processed foods, red meat, eggs, nightshades, most dairy, and all oils with the exception of olive oil, coconut oil, and real butter. I also eliminated white flour, breads, and pastas. My diet consists primarily of fresh fruit, fresh veggies, chicken, fish, turkey, nuts, brown rice, and only healthy oils. I noticed a difference in only a couple of days, and it took precisely 5 days to be completely pain free for the first time in 22 years! I absolutely cannot believe the difference. I am also a type II diabetic and my blood sugar has improved tremendously. I've lost 6 lbs so far without even trying, and my chronic stomach problems have disappeared. I'm feeling so much healthier! This way of eating has done for me what over \$100,000 in meds was unable to do. I can't believe I suffered for so many years. It wasn't easy to eliminate those things at first, but I will do

absolutely anything to keep the pain from returning. After being on the diet for 10 days now, I'm certain I can keep with it. I highly recommend this book to anyone who has chronic inflammatory issues that have not been relieved by traditional medicine. It worked for me, and I'm soooo greatful!

I feel the same as everyone else, this book is full of excellent information and is backed by tons of research. Perhaps not the easiest read, but if you are health-minded and want to learn the cause and cure for inflammation and related diseases, this book is excellent. For those looking to treat arthritis and muscle and joint issues, I would like to recommend "The Permanent Pain Cure" By Ming Chew as an excellent companion book. I used both books and tons of additional research to recover from shoulder surgery well ahead of time and also relieve a two year old knee injury. Additionally, I feel tons better, have resisted the flu while everyone else in my family was sick, relieved some allergy symptoms, and am a believer for life. I highly recommend this book.

VERY GOOD TO HAVE FOR THOSE WHO SUFFER FROM THIS, LIKE ME "SLE LUPUS OR MANY ARTHRITICS. GOOD TO OWN. LH

Jach Challem is a neurologist and backs up every statement he makes in the book with references to medical studies and reports by reputable institutions and professionals. I am now living by his recommendations in order to limit inflammation and control and autoimmune disease.

I have purchased so many books and every one has been well written, great information and worth owning. This book is no exception. Thoroughly enjoyed it and would recommend.

I devoured this book, underlining many parts. I learned a lot. My favorite part is that the author guides us in what types of supplements and the dosage of such that would help us with certain conditions all the while giving us the data that supports his suggestions.

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