



Reversing Inflammation: Prevent Disease, Slow Aging, and Super-Charge Your Weight Loss

Don Colbert MD MD

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A NATURAL WHOLE-BODY APPROACH TO REVERSING INFLAMMATION AND FEELING YOUR BEST!

INFLAMMATION IS AN IMPORTANT COMPONENT OF THE IMMUNE SYSTEM.

It is essential for the healing process since it is a programmed response necessary for fighting infections and repairing damaged tissues. However, problems arise when this inflammatory reaction becomes systemic and goes unchecked for months or years. When this happens, the same chemicals used for healing can cause weight gain and eventually trigger a host of deadly diseases.

Based on the life-changing principles shared in Dr. Colbert's *New York Times* best-selling books—tailored to specifically address inflammation—*Reversing Inflammation* walks you through the process of building a healthy lifestyle. With nutritional and alternative health tips, it reveals:

- **What foods contribute to inflammation**
- **What foods control inflammation**
- **Groundbreaking research on how fat contributes to inflammation**
- **How to shop and eat out while on the anti-inflammatory diet**
- **Supplements that support weight loss and overall health**
- **And so much more!**

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