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## The Optimal Health Revolution: How Inflammation is the Root Cause of the Biggest Killers and How the Cutting-edge Science of Nutrigenomics Can Transform Your Long-term Health

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By Duke Johnson

BenBella Books. Paperback. Book Condition: new. BRAND NEW, The Optimal Health Revolution: How Inflammation is the Root Cause of the Biggest Killers and How the Cutting-edge Science of Nutrigenomics Can Transform Your Long-term Health, Duke Johnson, Cutting-edge science is coming to a startling realization. The bulk of our most lethal diseases have a common underlying cause: persistent inflammation, an over-active reaction of our natural immune system function resulting in cell and tissue destruction. This persistent inflammation is triggered by our industrial lifestyles, including exposure to chemicals, synthetic food ingredients, pollution and processed foods. "Researchers are linking inflammation to an ever-wider array of chronic illnesses," reports Newsweek's Anne Underwood. "Suddenly medical puzzles seem to be fitting together, such as why hypertension puts patients at increased risk of Alzheimer's, or why rheumatoid-arthritis sufferers have higher rates of sudden cardiac death. They're all connected on some fundamental level." But inflammation, and the risks of chronic diseases it brings, can be managed. Lifestyle and nutritional change is part of the answer. But the other part of the answer lies with ground-breaking information from the newest field of science--nutrigenomics. Nutrigenomics is the science of how your genes interact with nutrients. It is the study

### Reviews

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