

**BASIC HEALTH  
PUBLICATIONS  
USER'S GUIDE**

**TO**

**INFLAMMATION,  
ARTHRITIS, AND  
AGING**

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*Learn How Diet and  
Supplements Can Reduce  
Inflammation and Slow  
the Aging Process*

**RONALD HUNNINGHAKE, M.D.**  
JACK CHALLEM Series Editor

# Users Guide To Inflammation Arthritis And Aging Basic Health Publications Users Guide

**Ron Hunninghake**



## **Users Guide To Inflammation Arthritis And Aging Basic Health Publications Users Guide:**

**User's Guide to Inflammation, Arthritis, and Aging** Ron Hunninghake, 2005 Inflammation causes the aches and pains of arthritis the discomfort of allergies and the breathing obstruction of asthma But over the past several years medicine has recognized that chronic inflammation is a key underlying factor in heart disease Alzheimer s some cancers and the aging process itself In this User s Guide Dr Hunninghake explains exactly how inflammation is involved in these diseases how it can be easily measured and the foods and nutritional supplements that can help you prevent and reverse inflammation

**User's Guide to Energy-Boosting Supplements** Ron Hunninghake, 2005-12 Anyone who feels more tired than they should and winds up feeling fuzzy headed from eating so called energy foods will likely benefit from the several supplements that boost energy levels which are discussed in this User s Guide Coenzyme Q10 alpha lipoic acid and carnitine are vitamin like nutrients not stimulants They work by helping the body burn the foods consumed for sustained energy This User s Guide also offers eating tips to help readers maintain high energy levels and to avoid feeling tired after meals

Orthomolecular Treatment of Chronic Disease Andrew W. Saul, Ph.D., 2014-06-01 If the word cure intrigues you this book will also High doses of vitamins have been known to cure serious illnesses for nearly 80 years Claus Jungeblut M D prevented and treated polio in the mid 1930s using a vitamin Chest specialist Frederick Klenner M D was curing multiple sclerosis and polio back in the 1940s also using vitamins William Kaufman M D cured arthritis also in the 1940s In the 1950s Drs Wilfrid and Evan Shute were curing various forms of cardiovascular disease with a vitamin At the same time psychiatrist Abram Hoffer was using niacin to cure schizophrenia psychosis and depression In the 1960s Robert Cathcart M D cured influenza pneumonia and hepatitis In the 1970s Hugh D Riordan M D was obtaining cures of cancer with intravenous vitamin C Dr Harold Foster and colleagues arrested and reversed full blown AIDS with nutrient therapy and in just the last few years Atsuo Yanagasawa M D Ph D has shown that vitamin therapy can prevent and reverse sickness caused by exposure to nuclear radiation Since 1968 much of this research has been published in the Journal of Orthomolecular Medicine This book brings forward important material selected from over forty five years of JOM directly to the reader At some 800 pages The Orthomolecular Treatment of Chronic Disease is a very large book but it is also a very practical book If you want to know which illnesses best respond to nutrition therapy and how and why that therapy works this is the book for you Part One presents the principles of orthomolecular medicine and the science behind them Part Two is devoted to orthomolecular pioneers presenting an introduction to maverick doctors and nutrition scientists in a reader friendly way that brings the subject to life Part Three brings together extraordinary clinical and experimental evidence from expert researchers and clinicians The Orthomolecular Treatment of Chronic Disease shows exactly how innovative physicians have gotten outstanding results with high dose nutrient therapy Their work is here for you to see and decide for yourself The Orthomolecular Treatment of Chronic Disease subtitled 65 Experts on Therapeutic and Preventive Nutrition is a complete course in nutritional healing for less than thirty

dollars     User's Guide Good Fats and Bad Fats Marie Moneysmith,2003 Nearly everyone seems confused about dietary fats Not all fats are bad for your health In fact some fats are essential for optimum health This User s Guide to Good Fats and Bad Fats helps you understand the difference You ll learn how to avoid unhealthy fats hidden in many foods while learning about the benefits of good fats     User's Guide to Natural & Safe Pain Relief Kenneth Frank,2006 Since the widely publicized dangers of COX 2 inhibitor drugs such as Vioxx and other painrelieving medications people have been seeking safer means to reduce the pain associated with arthritis and other diseases In this User s Guide Dr Kenneth Frank advises readers on the many beneficial pain relieving supplements including fish oils B vitamins glucosamine MSM and more traditional homeopathic remedies Dr Frank also explains how improving some of your eating habits can actually reduce both inflammation and pain Book jacket     Journal of Orthomolecular Medicine ,2007     *User's Guide to Nutritional Supplements* Jack Challem,2003 The User s Guide to Nutritional Supplements focuses on the most popular nutritional supplements those that consistently attract the most attention and are the ones most likely to benefit the majority of people In describing the most popular nutritional supplements this book explains Vitamin E can reduce the risk of heart disease and the best types to take Selenium can slash the chances of developing some types of cancer Ginkgo can improve memory and recall Chromium can help oromote weigth loss and lower the risk of diabetes Glucosamine and chondroitin can prevent osteoarthritis Calcium and magnesium work together to build strong bones Coenzyme Q10 can boost your energy levels and strengthenyour heart Ginseng and other supplements boost your exercise stamina     **American Book Publishing Record** ,2006     **Current Catalog** National Library of Medicine (U.S.),1967 Includes subject section name section and 1968 1970 technical reports     **National Library of Medicine Audiovisuals Catalog** National Library of Medicine (U.S.),

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