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Prevent Cancer, Strokes, Heart Attacks & Other Deadly Killers: How to Prevent and Reverse the Hidden Cause of Our Most Devastating Diseases

Vijaya Nair

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Heart disease, cancer, and Alzheimer's disease are leading causes of death in America, but did you know that they are all caused by chronic, low-grade inflammation? Conventional drug therapies for these conditions have dangerous and lifelong side effects, yet they fail to address the origin of illness.

In her ground-breaking new book, *Prevent Cancer, Strokes, Heart Attacks & Other Deadly Killers*, Dr. Vijaya Nair takes a unique but effective approach to treating some of America's most deadly diseases. Divided into two parts, the book first explains how chronic inflammation is the hidden cause behind many diseases, including cancer, blindness, Alzheimer's disease, and more. Part two details Dr. Nair's top seven anti-inflammatory and antioxidant supplements, including soy, curcumin, and green tea, which can prevent as well as combat disease. Finally, the author emphasizes the benefits of a healthy diet, exercise, and plenty of sleep in order to enjoy a better quality of life.

Good health is within reach. With *Prevent Cancer, Strokes, Heart Attacks & Other Deadly Killers*, you'll find out how simple lifestyle changes can help you live disease free.

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