



Stop Inflammation Now!

Richard Fleming

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An innovative cardiologist reveals the twelve main causes of heart attack and stroke, and presents his breakthrough plan to restore heart health.

In this groundbreaking book, nuclear cardiologist and research scientist Dr. Richard M. Fleming exposes the devastating impact of arterial inflammation on the heart and what can be done to douse the fire within. Arterial inflammation triggers a dangerous chain reaction, wreaking havoc throughout the body. Dr. Fleming's action plan explains which tests your doctor should be performing to assess heart disease risk and tells why an angiogram is not always an accurate indicator of heart health. He also reveals a complete picture of the twelve causes of inflammation and how to defeat them.

Dr. Fleming's unique two-step program restores balance within the body through simple diet and lifestyle changes that can begin to yield measurable results in as little as two weeks. The plan not only prevents further damage to the heart but can also restore blood flow and reverse heart disease's progress—all without surgery or prescription drug dependence. The book includes detailed menus and more than fifty easy-to-prepare recipes for every meal of the day.

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