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A Step-by-Step Plan to Prevent, Treat, and
Reverse Inflammation—the Leading Cause of
Heart Disease
and Related Conditions

The twelve triggers of inflammation—and how to defeat them

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Physician-tested and -approved, with thousands of patients successfully treated

Richard M. Fleming, M.D.
with Tom Monte

Foreword by Keith-Thomas Ayoob,
Ed.D., R.D., FADA, associate professor, Albert Einstein College of Medicine

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