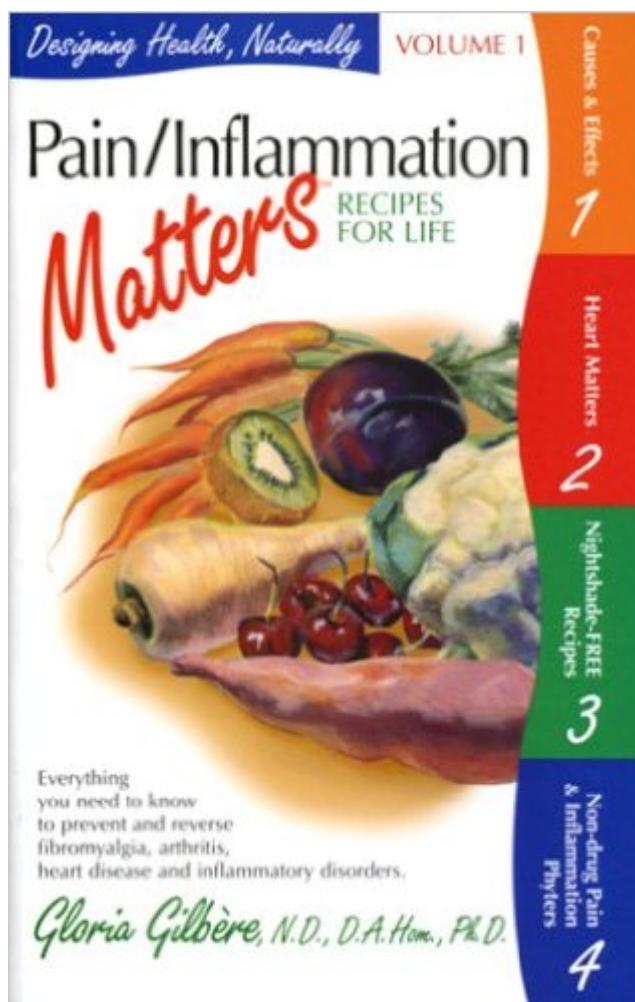


The book was found

Pain/Inflammation Matters: Recipes For Life (Designing Health, Naturally)



Synopsis

The first in a new series of symptom-specific guides ("Designing Health, Naturally") providing "What You Really Need to Know" to prevent and reverse debilitating pain and inflammation without drugs and their side-effects — often times worse than the original condition. Written by a doctor who became a victim and recovered, after a life-threatening accident, a prescription drug-induced digestive disorder, and the subsequent onset of fibromyalgia and chronic inflammation. It details: causes and effects; non-drug pain and inflammation phyters; 30 gourmet night-shade-free recipes for cooking without foods that "ignite" the inflammatory process; heart health and the inflammation connection.

Book Information

Series: Designing Health, Naturally

Paperback: 96 pages

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Product Dimensions: 0.2 x 5.5 x 8.5 inches

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Average Customer Review: 5.0 out of 5 starsÂ [See all reviewsÂ \(3 customer reviews\)](#)

Best Sellers Rank: #989,739 in Books (See Top 100 in Books) #134 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Pain #987 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management #5484 inÂ Books > Health, Fitness & Dieting > Nutrition

Customer Reviews

Pain/Inflammation Matters: Recipes For Life by Gloria Gilbere (a doctor of naturopathy, and expert in natural health issues, and an experienced homeopath), is a slim but vital compendium of practical and applicable information on the prevention, and even reversal, of fibromyalgia, arthritis, heart disease and inflammatory disorders. Organized into thoroughly "reader friendly" sections: "Causes & Effects"; "Heart Matters"; "Nightshade-free Recipes; and Non-drug Pain & Inflammation Phyters, Pain/Inflammation Matters should be considered "must reading" by anyone (especially non-specialist general readers) who suffer from chronic pain or inflammation.

This book is a great help in understanding the causes of my pain. Avoiding nightshades has brought me great relief and I've gone a step further by ordering Invisible Illnesses by the same author. The more that I learn the more relief I'm getting. I love the nightshades but no food is worth the agony that I suffered. I like the fact that the author is writing and informing from her own experience.

Great informative book about how nightshades can seriously affect health and well being if one is either predisposed to or becomes sensitive to them. She has extremely comprehensive, easy-to-understand information and the book itself is a relatively short read. Highly recommended.

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