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Silent Inflammation

Diagnosing, Understanding, and Healing Naturally

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Understand, detect, and treat chronic inflammation naturally.

Chronic inflammation is a devious enemy, responsible for many ailments including early aging, a large number of degenerative diseases, and many chronic pains. This book gives detailed practical advice, whether we choose to apply it ourselves or call on a practitioner for specific assessment and care. In light of the latest scientific discoveries, Guy Roulier introduces us to true sustainable health.

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