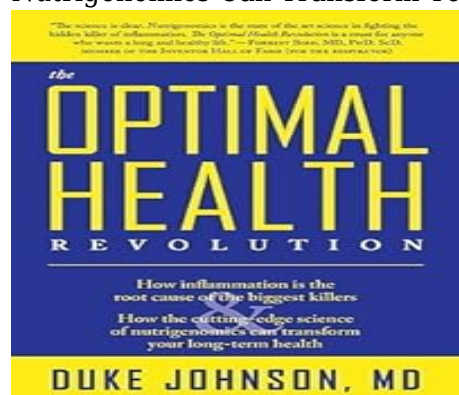


The Optimal Health Revolution: How Inflammation Is the Root Cause of the Biggest Killers and How the Cutting-edge Science of Nutrigenomics Can Transform Your Long-term Health By Duke Johnson

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. Johnson's patients so 2 ½ stars. Other people may be better off reading Dr. They're all connected on some fundamental level. Lifestyle and nutritional change is part of the answer