



Rejuvenation!: How the Capillary-Cell Dance Blocks Aging While Decreasing Pain and Fatigue (Paperback)

By MD Facp Buckingham

iUniverse, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.If you re like most people, there s a gun pointed to your head and you don t even know it. Poor lifestyle choices can induce chronic inflammation that could result in serious or life-threatening illnesses and even death from heart attacks, strokes, debilitating arthritis, heart failure, dementia, cancers, and autoimmune disease. But no alarms go off when we smoke a cigarette, eat a large bag of fries, or inhale a donut--so most of us don t see the gun barrel. It keeps taking aim until one day it goes off. Robert Buckingham, MD, FACP, exposes the truth about the gun and what you must do to push it away, which begins by understanding how the body works. It turns out that whoever or whatever controls capillary cell outer membranes, controls mitochondrial combustion, which determines Rejuvenation. The battle is between inflammatory forces that work against end organs and those that support them. Find out the steps to take to reduce chronic inflammation so you can enjoy a longer and healthier life with the insights and action steps in this book.



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