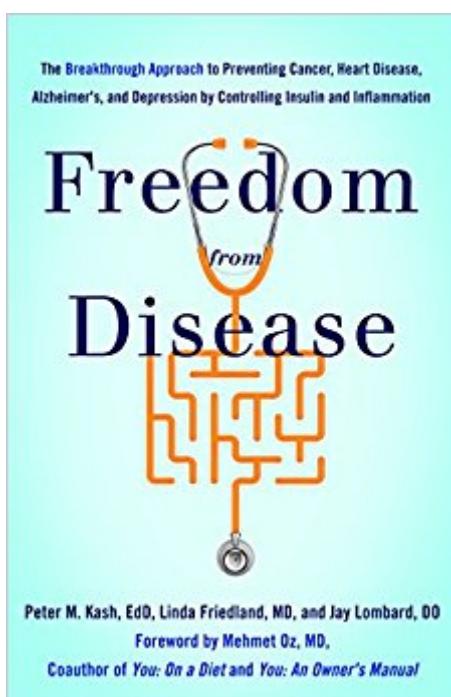


The book was found

Freedom From Disease: The Breakthrough Approach To Preventing Cancer, Heart Disease, Alzheimer's, And Depression By Controlling Insulin And Inflammation



Synopsis

"Read this bookâ it will save your life."â •Mark Hyman, M.D., author of The UltraMind Solution and the New York Times bestseller UltrametabolismFrom diet and exercise to handling stress, Freedom From Disease draws from the latest scientific research to provide simple steps for living your healthiest life. Insulin: It's a scary word for anyone. Levels too high or too low can have grave medical consequences, and the rigorous testing and change in diet it takes to manage it can be daunting. Inflammation: Is this the cause of damage within the body? Worse still, insulin and inflammation have increasingly been found to affect much more than diabetes. Heart disease, cancer, Alzheimer's disease, and strokes have all been found to possibly link back to insulin resistance.Â The good news? You've got armor. While managing your insulin and inflammation levels can seem like impossible work, Dr. Peter Kash, Dr. Linda Friedland, and Dr. Jay Lombard have created an easy to follow guide that not only breaks down how insulin and inflammation affect your health, but also provides the information you need to keep it in check.

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Customer Reviews

"Drs. Kash, Friedland and Lombard finally put togetherÂ the real story of the underlying cause of our epidemic of chronic illness from ADD to Alzheimer's, from depression to heart attacks, from cancer to obesityÂ - it is the insulin flooding through our bodies triggering a deathly cascade. Read this book - it will save your life. ~Mark Hyman, MD, author of theÂ New York

TimesÂ bestseller,Â UltraMetabolism"Dr. Kash, Friedland and Lombard have written an important and enjoyable book that should be of great interest to all. Â Particularly in the area of cardiovascular disease which is responsible for the most deaths in the US even exceeding cancer, they lay out theÂ compelling interrelationship between insulin resistance and inflammation of the arterial wall leading to heart attack and ultimately to heart failure. Â The most important contribution of this book however is its "call to arms" and how individuals can influence their own health destiny by discipline in what they eat and how they exercise to prevent chronic disease."Â ~Â Dr. John C. Burnett Jr. MD. Marriott Family ProfessorÂ of Cardiovascular Research,Â Mayo Clinic, Rochester, MN"This is an amazingly clear, compelling, and scientifically rigorous work thatÂ replaces existing compendia of arcane knowledge around health and wellness."Â ~Â Joe Alexander, Jr., M.D., Ph.D., F.A.C.C. , Director of Director, Global Clinical Technology, Pfizer Human Health Technologies

PETER MORGAN KASH,Â author ofÂ Make Your Own Luck, is an inventor and biotech financier. He co-founded and is Chairman of Two River Group Holdings, a global biotechnology venture capital firm. He lives in Rockland County, New York.JAY LOMBARD, M.D.,Â author ofÂ The Brain Wellness PlanÂ and co-author ofÂ Balance Your Brain, Balance Your Life, is the chief of Neurology at Bronx-Lebanon Hospital Center and Clinical Assistant Professor of Neurology at Cornell Medical School. He lives inÂ Rockland County, New York.DR. LINDA FRIEDLANDis a medical doctor, media personality, best-selling author of seven books and sought after international speakerÂ An international health professional, with more thanÂ 20 years experience in the field of clinical medicine and 15 years of consulting and advisory to leading globalÂ healthcare, corporate and financial institutions,Â Dr Friedland isÂ also aÂ highly-regarded international speaker.Â She has presented at more than 1000 business events throughout 30 countries.Â She has developed and implemented numerous health, lifestyle and illness prevention programs for corporations through Asia, USA, Australia, Africa and the UK. She is also a Graduate of the Australian Institute of Company Directors (GAICD). Dr Friedland is married to Professor Peter Friedland, with 5 children and resides in Australia.

This wonderful book surprised me. As a clinical drug developer for 40 years I have worked in significant technical depth in many of the therapeutic areas discussed in this book. Which is why I was surprised when this plainly written, non-technical, easy to read book taught me things I did not know. Rather, it linked together things I kind of knew into a unitary system I never realized. It tells the story of how insulin metabolism can become deranged by our contemporary life style in a

manner that underlies not just diabetes, but most of the major diseases we face today. The authors present contemporary state of the art research in layman's terms in a way that clearly explains how one of the most basic processes in the body, the ability to utilize the food we eat, underlies the most prevalent and devastating diseases in our society today. Each of the areas discussed in this volume, including diabetes, cancer, cardiovascular disease, and Alzheimer's disease, are each the subject of an extensive independent body of highly technical and complex medical literature. But to really understand how these diseases manifest, and how they might be treated, they need to be understood, not as discrete independent systems, but as an element in an overall functioning body comprised of many systems. The authors talent is to integrate the highly technical and independent bodies of medical literature associated with the most devastating diseases of our day by using a process that is common to all of them; the need for every cell to acquire and utilize nutrients. The material is presented simply and with numerous examples and historical references that make the book an enjoyable and easy read. Moreover, the authors present simple, easy to accomplish methods to overcome the dysfunctions associated with disease. I recommend this small book to anyone, at any educational level, who has an interest in health and disease and who might enjoy a novel and well presented insight into how one of the most basic process in the body has been overlooked in the study of the most complex diseases.

Freedom from Disease is a highly topical and on trend book exploring medical subjects in such a way that it is easy to read and understand. It provides insight into many different medical conditions and offers a guideline on how to keep or get one's health back on track. This book also sheds light on how to eat and exercise healthily, giving the reader the potential to live a pain free life. I would highly recommend it. Congratulations to Drs Kash, Friedland, and Lombard on producing this insightful, scientific book.

As a 60 year old female with recently-diagnosed type 2 diabetes, I found the book truly enlightening and quite frightening at the same time. My diabetes is well-controlled by drugs but what I realize is that this is just masking a major underlying problem that can lead to heart attack, dementia and cancer. I did not realize how important inflammation was to so many diseases. Overall, the book is an easy one to read for the average person but clearly it also speaks to medical professionals.

Very thorough and so enlightening! The authors focus on the effects of insulin on your body and overall health which many health practitioners and researchers unfortunately ignore.

Absolutely outstanding. Fascinating breakthroughs and new information. Easy to read and incredibly informative

Excellent well written book, succinct and thought provoking

Very informative

Informative, easy to read, and relevant to everyone

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