



The Stress Effect (Avery Health Guides)

Richard Weinstein

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"The Stress Effect" helps readers understand the connection between their chronic stress and illness and provides effective programs for correcting imbalances caused by stress and inflammation. Long-term stress can lead to numerous health problems, including intestinal inflammation, which only exacerbates the situation. Additionally, seemingly harmless painkillers—nonsteroidal anti-inflammatory drugs (NSAIDs), which initially counter inflammation can actually over the long-term destroy the intestinal tract's mucous lining, promoting intestinal inflammation and leading to ill health. "The Stress Effect" provides suggestions for managing psychological stress, a common-sense diet that promotes balance, recommendations for natural supplements that can relieve pain without promoting intestinal inflammation, and a resource guide that directs the reader to doctors who are familiar with the range of therapies recommended.

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