

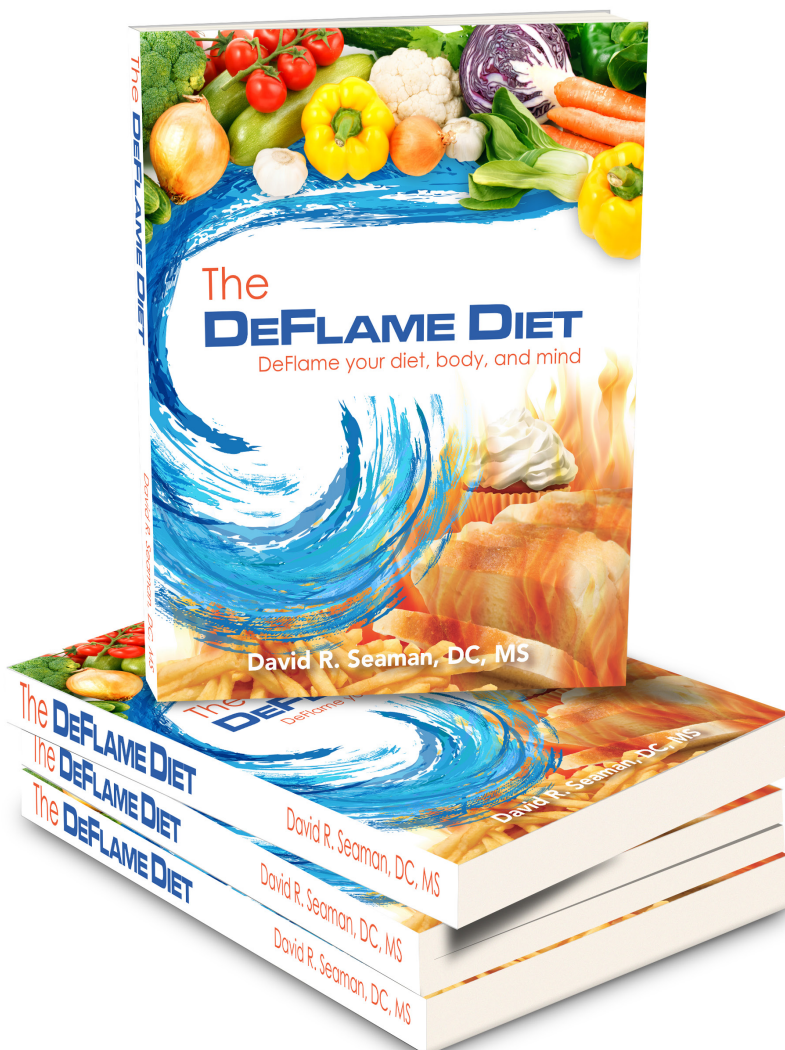
Anabolic Laboratories is pleased to announce the publication of **Dr. David Seaman's** new book, **The DeFlame Diet**

Dr. Seaman coined the term "DeFlame" as a simple educational tool to help better understand the benefits of eating healthy anti-inflammatory foods, especially in the context of replacing pro-inflammatory foods with anti-inflammatory vegetables, fruit, nuts, and roots/tubers. He first identified that diet promotes inflammation based on research published in the 1970s and 1980s. Most have only begun to see this relationship in recent years. In contrast, Dr. Seaman has written multiple articles and chapters on this topic over the past 25 years.

The DeFlame Diet is about eating anti-inflammatory foods to turn off the chronic disease-promoting "flame" created by pro-inflammatory foods. This is the first nutrition book for the general public that delves into inflammation in great detail, yet in a fashion that is understandable. Readers will never be confused again about what foods we should and should not be eating.

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From Anabolic Labs
for just \$15.50

To order contact your
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at 1-800-445-6849.





About The Author

Dr. David Seaman went to New York Chiropractic College and thereafter, he received an MS in Biology/Nutrition from the University of Bridgeport. He noticed earlier on in practice that pain complaints often improved dramatically after switching to what he originally referred to as an anti-inflammatory diet. Almost 30 years later have passed since he made this observation. During this period, Dr. Seaman has written numerous articles and chapters, and has presented about this topic at nearly every state chiropractic association and chiropractic

college in America. His first book devoted to this topic was written in 1998. He is currently a Professor of Clinical Sciences at National University of Health Sciences' chiropractic medicine program at St. Petersburg College in Pinellas Park, FL. He has been a consultant for Anabolic Laboratories since 2002 and has designed many of their popular nutritional supplements.

In Chapter 30 Dr. Seaman discusses supplements - what he takes and why.

Dr. Seaman chooses the Anabolic supplements listed below!



Anti-inflammatory botanical



Anti-inflammatory botanical



Multi-Vitamin



Omega 3 Fatty Acids



Antioxidant



Vitamin K & D3



Essential Supplements



High Potency Magnesium



Probiotic



Pain Management