

The Internal Flame

New insights into silent inflammation, longevity and the science of functional food

by **Dr Roderick Mulgan**

Understanding your health and taking preventative measures against the diseases that come with old age has never been more important. You may be lucky enough to enjoy good health until the very end of your days, but the odds are against it. As you get older, the chances increase that something big, like stroke or cancer, will drag down the quality of your life.

Healthy options, such as eating coloured plants and exercising well, help to suppress big diseases by keeping the immune system in balance. An additional tool in the longevity, anti-inflammatory toolkit is the science of functional foods. Also known as nutraceuticals or super foods, functional foods are indispensable in their ability to suppress inflammation and create a maximum longevity strategy.

The Internal Flame is an insightful and practical book for anyone wanting to live a long, active and healthy life.

- Packed with scientific information and latest research
- Tips on how to age better and feel healthier
- Complex medical information made accessible
- Thought-provoking, insightful and inspiring.



ABOUT THE AUTHOR

Dr Roderick Mulgan is a Fellow of the Royal New Zealand College of General Practitioners. His work with aged-care facilities led to an interest in the effects of lifestyle choices on wellbeing and the evidence that novel foods and supplements promote long-term health.

Dr Mulgan is also a practising barrister.



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