



Mineral Miracle: Stopping Cartilage Loss & Inflammation Naturally

Shari Lieberman, Alan Xenakis

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For years, scientists have understood that inflammation causes pain. Only recently, however, has the process of inflammation been linked to the deterioration of tissue, bone, and cartilage—and recognized as an underlying cause of heart attack. And while the importance of minerals has been documented for years, it is only now that a naturally occurring blend of minerals has been found to act as a powerful anti-inflammatory that can stop or slow cartilage loss. For those looking for a simpler solution to a real problem, *Mineral Miracle* may hold the answer.

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