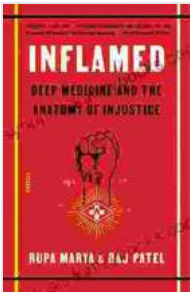


Inflamed: Deep Medicine and the Anatomy of Injustice



Inflamed: Deep Medicine and the Anatomy of Injustice

by Rupa Marya

★★★★☆ 4.6 out of 5

Language : English
File size : 13496 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 497 pages



In their groundbreaking book, *Inflamed: Deep Medicine and the Anatomy of Injustice*, Rupa Marya and Raj Patel explore the deep connections between inflammation and the social, economic, and environmental injustices that plague our world. This book is a must-read for anyone interested in health, social justice, and the future of our planet.

Marya and Patel argue that inflammation is not just a medical condition, but also a social and political one. They show how chronic inflammation is linked to a wide range of diseases, including heart disease, diabetes, cancer, and Alzheimer's. They also show how inflammation is exacerbated by social and environmental factors, such as racism, poverty, and pollution.

Inflamed is a powerful and provocative book that challenges us to rethink the way we think about health and injustice. Marya and Patel offer a new vision of medicine that is rooted in social justice and environmental sustainability. They show us that we cannot heal ourselves without also healing the world around us.

Inflammation: The Hidden Culprit

Inflammation is a natural response to injury or infection. It is a complex process that involves the release of chemicals that help to protect the body and promote healing. However, chronic inflammation can be harmful to health. It can damage cells and tissues, and it can contribute to the development of a wide range of diseases.

Marya and Patel argue that chronic inflammation is a major underlying cause of the many health problems that plague our world today. They show how inflammation is linked to a wide range of diseases, including heart disease, diabetes, cancer, and Alzheimer's.

They also show how inflammation is exacerbated by social and environmental factors, such as racism, poverty, and pollution. For example, people who live in poverty are more likely to be exposed to environmental toxins, which can trigger inflammation. People who experience racism are also more likely to suffer from chronic inflammation, due to the stress and discrimination they face.

Deep Medicine: A New Vision of Healing

Marya and Patel offer a new vision of medicine that is rooted in social justice and environmental sustainability. They call this "deep medicine."

Deep medicine is a holistic approach to healing that addresses the underlying causes of illness, rather than just treating the symptoms.

Deep medicine practitioners work with patients to identify the social and environmental factors that are contributing to their illness. They then develop a treatment plan that addresses these factors, as well as the patient's physical symptoms.

Deep medicine is a powerful tool for healing individuals and communities. It can help to reduce chronic inflammation, improve health outcomes, and create a more just and sustainable world.

The Anatomy of Injustice

In the second half of *Inflamed*, Marya and Patel explore the anatomy of injustice. They show how social, economic, and environmental injustices are deeply interconnected, and how they all contribute to inflammation and disease.

Marya and Patel argue that racism is a major cause of inflammation and disease. They show how racism creates stress, which triggers the release of inflammatory chemicals. They also show how racism leads to discrimination in housing, education, and employment, which can all contribute to chronic inflammation.

Marya and Patel also explore the role of poverty in inflammation and disease. They show how poverty leads to exposure to environmental toxins, poor nutrition, and lack of access to healthcare. All of these factors can contribute to chronic inflammation.

Finally, Marya and Patel discuss the role of climate change in inflammation and disease. They show how climate change is leading to more extreme weather events, which can trigger inflammation. They also show how climate change is leading to the spread of infectious diseases, which can also cause inflammation.

A Call to Action

Inflamed is a call to action. Marya and Patel challenge us to rethink the way we think about health and injustice. They show us that we cannot heal ourselves without also healing the world around us.

They call on us to work together to create a more just and sustainable world. They urge us to challenge racism, poverty, and climate change. They also urge us to support deep medicine practitioners who are working to heal individuals and communities.

Inflamed is a powerful and inspiring book. It is a must-read for anyone who is interested in health, social justice, and the future of our planet.

About the Authors

Rupa Marya is a physician, author, and activist. She is an assistant professor of medicine at the University of California, San Francisco. She is also the co-founder of the Deep Medicine Institute.

Raj Patel is an author, activist, and academic. He is a research professor at the University of California, Berkeley. He is also the co-founder of the Food

Chain Workers Alliance.

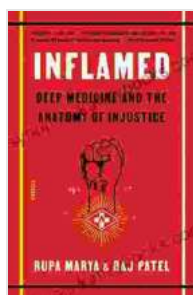
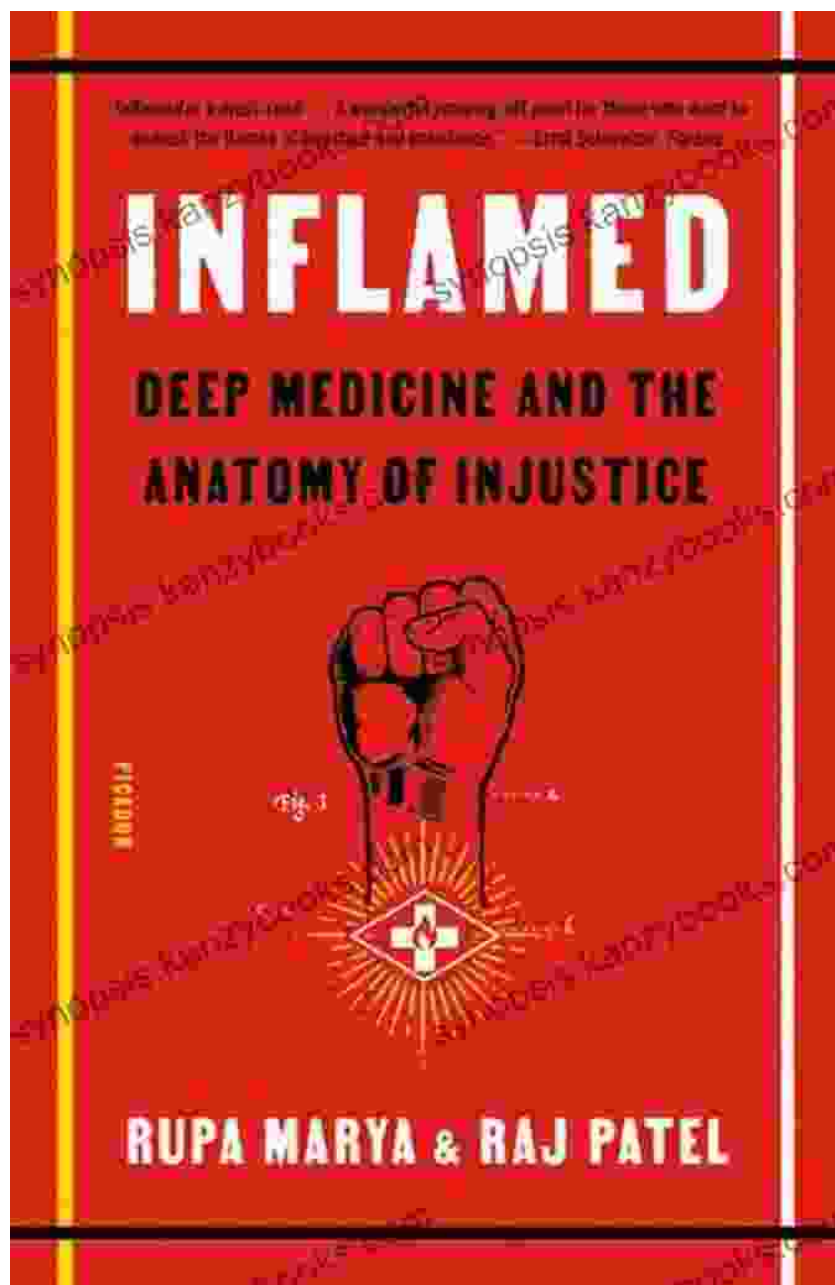
Reviews

"Inflamed is a groundbreaking book that challenges us to rethink the way we think about health and injustice. Marya and Patel offer a new vision of medicine that is rooted in social justice and environmental sustainability. This book is a must-read for anyone who is interested in the future of our planet." - Naomi Klein, author of *The Shock Doctrine*

"Inflamed is a powerful and inspiring book. It is a call to action for all of us to work together to create a more just and sustainable world." - Vandana Shiva, author of *Earth Democracy*

"Inflamed is a must-read for anyone who wants to understand the deep connections between health and social justice. Marya and Patel offer a new vision of medicine that is both transformative and empowering." - Paul Farmer, author of *Pathologies of Power*

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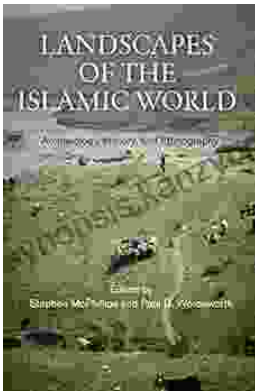
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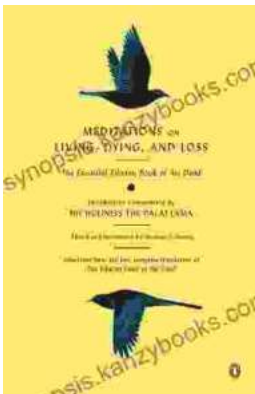
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