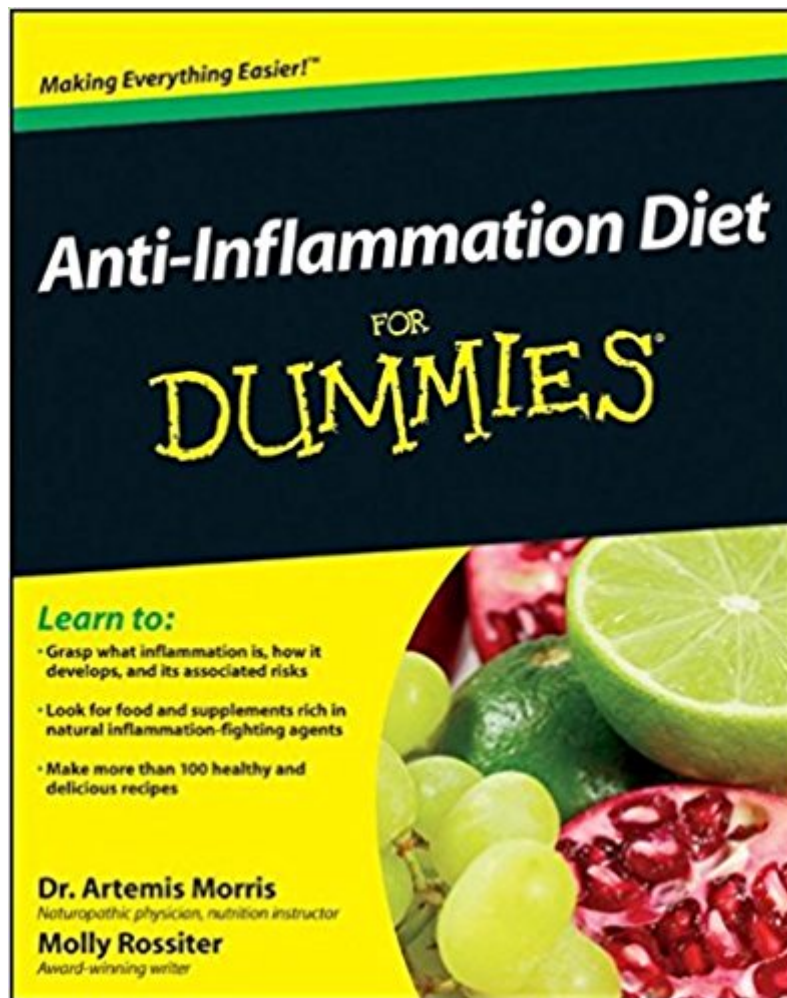


The book was found

Anti-Inflammation Diet For Dummies



Synopsis

Trusted information and healthy, delicious recipes to fight inflammation Low-grade inflammation is a condition inside the body, directly related to diet, that slowly wears on the body, facilitating chronic diseases like arthritis, diabetes, obesity, and heart disease. Also, the latest research has detected a correlation between inflammation and conditions like severe allergies, asthma, and even cancer. Anti-Inflammation Diet For Dummies takes a preventative dietary approach to fighting inflammation by stimulating natural healing with anti-inflammatory foods and supplements. It reveals the causes of inflammation and provides a how-to prescription for eliminating it through diet changes, stress reduction, and healthy weight loss. Defines what inflammation is, how it develops, and its associated risks Outlines foods and supplements rich in natural inflammation-fighting agents 100 healthy and delicious recipes loaded with anti-inflammatory agents Anti-Inflammation For Dummies is an invaluable resource to help you make smart diet choices by avoiding problematic foods that instigate the inflammatory process, and arms you with knowledge and delicious recipes to get on the road to a healthier you.

Book Information

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Customer Reviews

Trusted information and healthy, delicious recipes to fight inflammation Anti-Inflammation Diet For Dummies takes a preventative dietary approach to fighting inflammation by stimulating natural healing with anti-inflammatory foods and supplements. It reveals the causes of inflammation and gives you a how-to prescription for eliminating it through diet changes, stress reduction, and healthy

weight loss. Plus, more than 100 delicious recipes help you get on the road to a healthier you.

Nutrition 101 – • break foods down nutritionally to find out what your body does and doesn't need

Fight inflammation – • get the inside scoop on the relationship between food and chronic illness and discover the symptoms you can manage with the help of an anti-inflammatory diet

Embrace the lifestyle – • find out what to clear out of your pantry and what to keep in it, how to keep your cool when dining out, exercises that are good for your heart and body, and supplements that help deter inflammation

Start cookin' – • make delicious, inflammation-fighting recipes for every meal of the day, from unbeatable breakfasts and savory snacks to scrumptious suppers and delectable desserts

Open the book and find:

- What inflammation is and how it affects your body
- Inflammation's role in chronic illnesses
- How to fill your plate to fight inflammation
- The skinny on fats, proteins, and carbohydrates
- Why you should resist refined foods
- Top inflammation-fighting foods
- Recipes for every meal of the day
- Considerations for vegetarians and people with food sensitivities

Learn to:

- Grasp what inflammation is, how it develops, and its associated risks
- Look for food and supplements rich in natural inflammation-fighting agents
- Make more than 100 healthy and delicious recipes

Dr. Artemis Morris is a naturopathic physician, licensed acupuncturist, educator, and researcher in clinical nutrition. She teaches at The University of Bridgeport College of Naturopathic Medicine.

Molly Rossiter is an award-winning writer who covers new research in science and self-improvement.

The book is very easy to read and interesting if you are planning to start an Anti-Inflammation diet. I would highly recommend this book to you.

once again...this was ordered for my 82 yo mother who is constantly looking for better diets and choices to keep her here cooking and doing yard work that she enjoys...she has enjoyed this book.

ITS OK,,,WOULD HAVE LIKED TI TO BETTER CONVEY WHAT ER WANTED TO KNOW,,

I use this as a reference book. There is a lot of information in it. Also some pretty great recipes. Easy to understand. well thought out.. I would really recommend it.

Information was very informative; needed this basic information. Thanks for your fast and courteous

support.

Just what I needed to start the anti-inflammatory diet.

Gives you all anyone would need to know about this subject. I have diverticulosis and following an anti inflammatory diet cuts down and almost eliminate flare ups. I also Benefiber or the Wal Mart generic which is less expensive.

I thought this book did a good job of laying out the basics. Also has some lively recipes like baked halibut with Cajun spices and collard greens or beans and rice with fennel.

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For Optimal Healthy Lifestyle(Instant Pot Cookbook, Anti Inflammatory Diet, Clean Eating, Pressure cooker cookbook,low carb diet) The Anti-Inflammatory Diet: Rich Anti-Inflammatory Foods to Cut Down on Inflammation - Over 25 Anti-Inflammatory Recipes You Will Love Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know **BONUS** 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) Anti Inflammatory Diet Action Plan: 6 Week Meal Plans To Heal Yourself With Food, Restore Overall Health And Become Pain Free (Anti Inflammatory Diet, ... Anti Inflammatory Diet Plan) (Volume 2) Anti Inflammatory Diet: The Ultimate Anti-Inflammatory Diet Recipes!: Top Anti-Inflammatory Diet Recipes for Beginners Anti Inflammatory Diet Action Plan: 6 Week Meal Plans To Heal Yourself With Food, Restore Overall Health And Become Pain Free (Anti Inflammatory Diet, ... Anti Inflammatory Diet Plan Book 2) Anti Inflammatory Diet: Guide to Eliminate Joint Pain, Improve Your Immune System, and Restore Your Overall Health (anti inflammatory cookbook, anti inflammatory ... recipes, anti inflammatory strategies) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3)

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