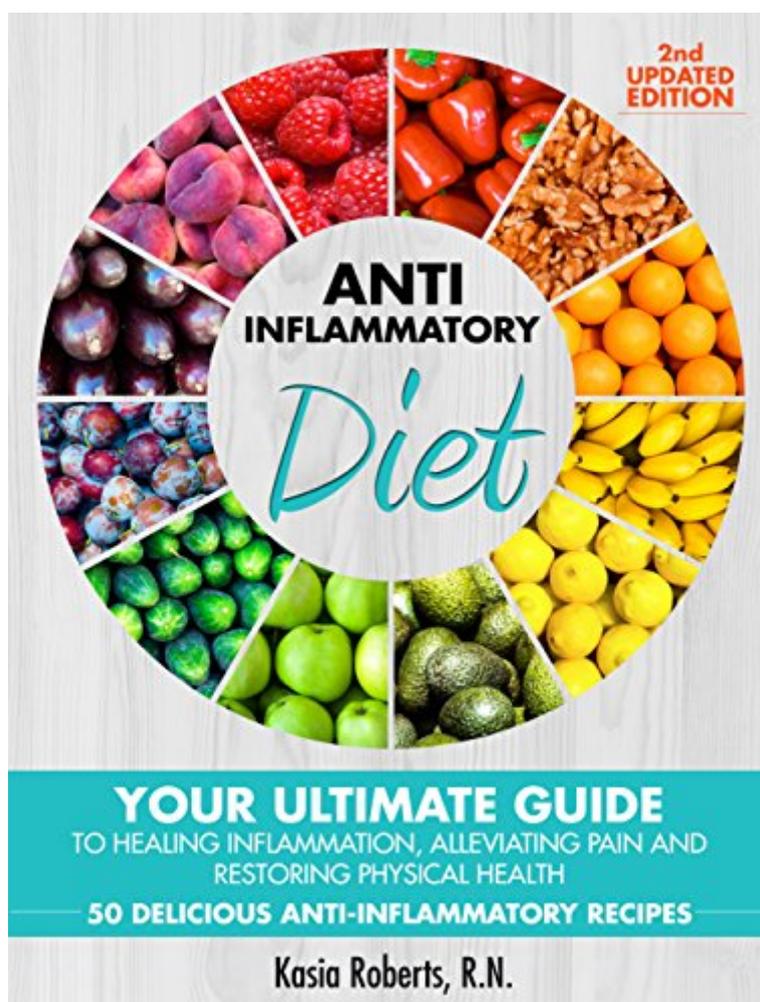


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# Anti-Inflammatory Diet: Your Ultimate Guide To Healing Inflammation, Alleviating Pain And Restoring Physical Health With 50 Delicious Anti-Inflammatory Recipes (2nd Updated Edition)





## Synopsis

7 TIMES INTERNATIONAL BESTSELLER - BOOSTING YOUR VITALITY, ENERGY LEVELS & MENTAL CLARITY STARTS WITH ONE THING: REDUCING INFLAMMATION The Most Amazing Part Is: Youâ™ll Eliminate Harmful Medications, Painful Treatments, Waiting Rooms and Even Prevent Future Operations... In As Little As 14 Days The Anti-Inflammatory Diet provides a solution youâ™ve been waiting for. The body is continuously affected by inflammation: from improper diet and toxicity in the environment to the daily stressors of life. Inflammation can go undetected for years and is contributing to all major known diseases. These diseases include cancer, arthritis, heart disease, diabetes and many others. This invisible war raging inside the bodies of millions of people has become known as the "Silent Killer". So What Can We Do About Inflammation? Poor dietary choices wreck havoc on your immune system and cause chronic inflammatory responses that destroy the body's overall health, limiting mobility and contributing to painful joints. There are simple steps you can take today to reduce the chances that youâ™ll suffer from chronic joint pain and inflammation. Getting started is as easy as incorporating anti-inflammatory foods into your diet. The good news is that the list of foods that fight inflammation is long and delicious. Discover 10 Superfoods that Instantly Begin Healing Your Body TODAY These foods are rich in immune boosting vitamins, antioxidants, vitamins, minerals, flavonoids, phytonutrients, proteins, and healthy fats. You can eliminate painful inflammation and decrease your risk of developing chronic disease with the scientific understanding of the body's interior. Look to the environment, to everyday diet decisions as the very road blocks to arrive at vibrant health and rejuvenation. Discover the ways in which the Anti Inflammatory Diet can boost your way back to enjoyable living by following 50 delicious anti inflammatory recipes included in this book to rid toxins from the body. Replace toxins with an abundance of vitamins and minerals. And remember, the Anti Inflammatory Diet is designed to HEAL. It rids the diet of processed, refined foods and looks to that which is found in the garden and organically on the farm. Push beyond the limitations of the world in which you currently live, and reach to something more "something that will allow you to reduce interior pain, lose weight, look and feel younger, and decrease your risk of developing chronic disease. Rid yourself of painful inflammation once and for all! Here's A Sneak Peak Of What Youâ™ll Discover Within the Pages of This Guide: 6 key causes of inflammation and the KEY principles of the Anti Inflammatory Diet Learn which sinister foods (that most of us consume on a daily basis), are keeping our bodies in a constant state of inflammation • Big 3 • spices to have in your kitchen cupboard in order to turn any meal into an inflammation and pain fighting meal in seconds Are you cooking with artificial synthetic oils? Learn about 5 natural oils that are healthy and

great for everyday use Discover which fruits and vegetables are nutritional powerhouses that will help fix damaged tissue, and have the highest levels of antioxidants Don't know what to eat? Discover 50 delicious anti-inflammatory recipes for breakfast, lunch, dinner, dessert and snacks (complete nutrient profile for each recipe included) Scroll Up to Grab Your Copy & Get Started Towards Feeling Rejuvenated Today! Just to say a thank you for checking out this book, we would like to give you a free WELLNESS GUIDE! Please visit: [www.fruitfulbooks.com](http://www.fruitfulbooks.com) Tags: anti-inflammatory, anti-inflammation, anti-inflammatory diet, diet ebooks, women health

## Book Information

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## Customer Reviews

Like most people I deal with pain most of the time in one form or another. I have been searching for books dealing with inflammation and this is one of the most well written I have come across. The book starts with a short introduction that sets the stage for understanding inflammation. The first chapter describes the stages of inflammation and how it aids in the healing process. The differences between acute and chronic inflammation and various inflammatory disorders are explained. I found

this upfront information to be educational and well-written. I had never really thought about diseases like cancer and heart attacks as being inflammatory. Chapter two explains the causes of inflammation, both diseases and injuries. The third chapter makes it very clear that this is not a low weight diet plan. General principles about food intake will help me in making decisions on what to eat if I am out for dinner or at a friend's house. An important list of foods to avoid followed by a list of food to include in your diet helped to educate me on what direction I should be heading. These sections of the book helped me greatly in better understanding the inflammation process and what I can do to aid in reducing inflammation from a diet perspective. Next up are the 25 promised recipes. There are recipes for breakfast, lunch, dinner, dessert and snacks. I have tried the Cinnamon Ginger Oatmeal and really liked the mix of cinnamon with ginger. I also had a small party and adjusted the recipe size for Pistachio-Crusted Chicken. It was delicious and everyone enjoyed it. There are plenty of recipes so I don't see myself running out of ideas anytime soon. It is good to know that I can adjust my lifestyle to better deal with pain from inflammation without eating an unappetizing diet.

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