



# Anti-Inflammatory Diet: Your Complete Guide to Heal Inflammation, Combat Heart Disease and Eliminate Pain with 25 Anti-Inflammatory Diet Recipes

*Kasia Roberts*

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Anti-Inflammatory Diet Guide: Your First Step to Healing, Eliminating Pain and Slowing Aging  
The Anti-Inflammatory Diet provides a solution you'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. This inflammation is contributing to all major known diseases. These diseases include cancer, arthritis, heart disease and many others. Will this interior body war never cease?

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. Understand the ways in which the Inflammation Diet can boost your way back to enjoyable living by following the twenty-five Inflammation Diet recipes to rid toxins from the body.

Replace toxins with an abundance of vitamins and minerals. And remember, the Inflammation 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!

In this book you'll discover:

The 6 causes of inflammation

Stages of Inflammation and the Healing Process

Guiding Principles of the Inflammation Diet

List of Foods that Contribute to Inflammation

List of Foods that Heal Inflammation

25 Mouth-Watering Anti-Inflammatory Recipes

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# **From Reader Review Anti-Inflammatory Diet: Your Complete Guide to Heal Inflammation, Combat Heart Disease and Eliminate Pain with 25 Anti-Inflammatory Diet Recipes for online ebook**

## **Emmie says**

Great information and recipes!

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## **Emily says**

### **Very informational guide with decent recipes**

Going through the sea of elimination and anti-inflammatory diet books, there are many touting non-science-based woo. Saying that adding lemon to your water will alkalize your body, or that you need to detox your liver, or that GMOs are ruining your intestines. This is NOT one of them.

I appreciate the layman's terms mixed with some easier-to-understand terms to explain how loads of illnesses can be affected by a less healthy diet, without blame or judgement.

While the recipes aren't ground breaking, they contain basic ingredients that can be used for quite a few dishes throughout the week. It's a great primer on building a new diet wardrobe, so to speak.

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## **Don Gillette says**

I don't know why I keep reading these anti-inflammatory diet books because honestly, you read one, you've read them all and Andrew Weil's is still the best. Obviously, I'm looking for one that tells me pizza, cheeseburgers, spaghetti, and imported cheeses are anti-inflammatory and that ain't happenin' It was okay. Not the best and probably not the worst.

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