



# **The Anti-Inflammatory Diet Cookbook 150 Recipes: Combat & Protect Against Heart Disease, Arthritis, Diabetes, Allergies and More.**

*Vanessa Brown*

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Anti-inflammatory lifestyle diets have been recommended by health care professionals for decades due to the health benefits derived from the diet, however, it is suggested that 7 out of 10 adults have never even heard of the diet! This is largely because of the lack of available information about the diet. Go to your local library or book store and you will be fortunate to find even one or two books on anti-inflammatory eating. Most who have heard of the diet only have their physicians' advice or the internet to gain information on the diet. The benefits obtained through following an anti-inflammatory diet are so valuable that word of the diet needs to begin to spread like wildfire. Though scientific data on the benefits of the anti-inflammatory diet continues to be researched, experts have concluded that the main advantages of the lifestyle diet which have been proven to date include: -Decreases risk of heart disease -Decreases risk of diabetes -Reduces blood triglycerides and blood pressure -Helps to maintain and control existing cardiac problems -Helps reduce painful arthritis flare-ups -Relieves tender and/or stiff joints -Discontinuance of many over-the-counter/prescription medications Throughout this book you will learn the benefits behind consuming an anti-inflammatory diet. You will begin to understand the factors which make up an anti-inflammatory diet and how these factors can affect the level of inflammation in a person's body. You will also find three lists: a list of approved foods, a list of high-risk foods, as well as an initial anti-inflammatory grocery list. Finally you will find 150 recipes to help get you started in four main categories, including: -Breakfast Recipes -Lunch Recipes -Dinner Recipes -Snack Recipes The ultimate goal of this cookbook is to help open the door to an anti-inflammatory diet lifestyle. It is for all individuals, so that they may find optimum health and well-being. You do not need to have problems with inflammation to participate in this diet nor does this diet need to be recommended by a doctor (although, it is always a good idea to consult with your physician before beginning any new diet regimen). There are no pills, no special packaged foods, bars, or drinks, no gimmicks. All that is required of you is that you stick mostly to the foods on the approved list and, as much as possible, steer clear of the high-risk foods. That's it – that's all there really is to it. The anti-inflammatory diet is one that can easily be adjusted around you and/or your family's busy schedule. With the anti-inflammatory diet, you can enjoy how great you feel and feel good enjoying life! Product tags: natural anti inflammatory all natural anti inflammatory all natural anti inflammatory foods an anti inflammatory diet anti arthritis diet anti arthritis food anti arthritis foods anti inflammation diet anti inflammatory diet anti inflamitory diet anti inflammation diet anti inflammation diet book anti inflammation diet for dummies anti inflammation diet plan anti inflammatory arthritis diet anti inflammatory diet arthritis anti inflammatory diet book anti inflammatory diet books anti inflammatory diet food list anti inflammatory diet foods anti inflammatory diet foods to avoid anti inflammatory diet for arthritis anti inflammatory diet for dummies anti inflammatory diet menu anti inflammatory diet plan anti inflammatory diet pyramid anti inflammatory diet recipes anti inflammatory diet vashon anti inflammatory diets anti inflammatory diets for arthritis anti inflammatory drug list anti inflammatory drugs list anti inflammatory food diet anti inflammatory food for arthritis anti inflammatory food list anti inflammatory food recipes anti inflammatory foods arthritis anti inflammatory foods diet anti inflammatory foods for arthritis anti inflammatory foods for rheumatoid arthritis anti inflammatory foods list anti inflammatory foods

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