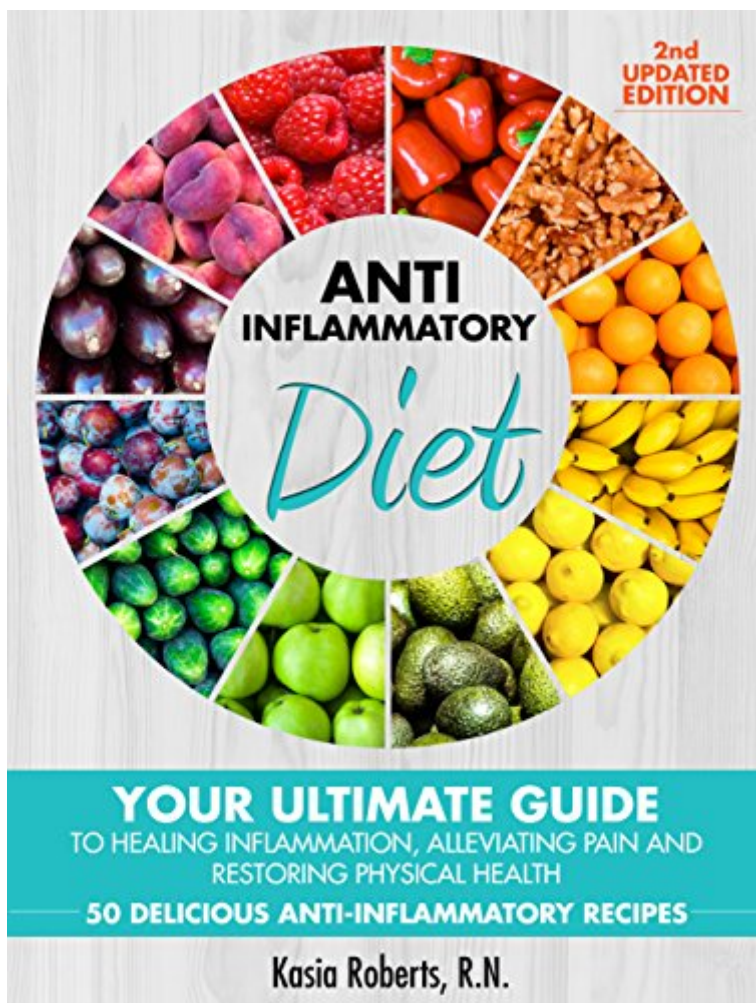


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# Anti-Inflammatory Diet: Your Ultimate Guide To Healing Inflammation, Alleviating Pain And Restoring Physical Health With 50 Delicious Anti-Inflammatory Recipes (2nd Updated Edition)





## Synopsis

7 TIMES INTERNATIONAL BESTSELLER - BOOSTING YOUR VITALITY, ENERGY LEVELS & MENTAL CLARITY STARTS WITH ONE THING: REDUCING INFLAMMATION

The Most Amazing Part Is: You'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 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. 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 you'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 You'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 "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

Bullet-point facts shot at you with no fluff - just the kind of reading I like to do. The author doesn't sugar-coat anything and just tells you what to eat and what not to eat. Unfortunately, so much of what we put in our mouths is bad for us... so much so that you will probably have a hard time following the author's very well-intentioned advice. The info she shares is solid and true (we all

know what to eat, but most of us still don't do it). What does that mean? It means you are going to have to work on it to be as healthy as you can be. Is it worth it? Absolutely, because who doesn't want to feel vibrant and healthy? I still eat the occasional "bad" thing, but I remember what I read in this book and go back to eating more healthily. The bottom line is that this book isn't meant to hold your hand, it's meant to give you the facts. I do wish it held my hand just a little sometimes, just to comfort me before it told me I need to avoid wheat (ouch!), but that's my issue I think. If you follow it, you have no choice but to be happier and healthier. 4 stars because it didn't hold my hand when I needed it most. Otherwise, an excellent resource for good nutrition.

Since I have so much inflammation in my body, I was anxious to read this book. At the beginning of this book, the author explains what inflammation is and all the informational material for those who haven't researched this subject. What I love the most about the book is the list of foods to avoid and foods the inflammation-ridden person like myself can eat. These sections are all great, well-written and easily understood. The best part for me, however, are the recipes. Since I'm also gluten intolerant I have to be careful not to eat foods that contain wheat, barley, or rye. I give this book 5 stars due to its collective value for those who don't know much about inflammation but need to learn.

I never knew there was such a strong connection between various foods and inflammation within the body! Kasia Roberts' book "50 Delicious Anti-Inflammatory Recipes" is an excellent guide to understanding inflammation and how to avoid it. After thoroughly educating the reader on the whole spectrum of inflammation, Kasia's book then tells you exactly what foods to avoid and what foods to eat in order to reduce/eliminate inflammation, and she does it in a very straight forward, no nonsense manner. The book also addresses the hardest part of any food/dietary plan (actually implementing the food plan in everyday meals that the entire family can enjoy) by including countless recipes that help make following this plan realistic. This book is wonderful and a must-read for anyone experiencing the effects of inflammation or who wishes to avoid inflammation. An easy 5-stars!

We all need anti-inflammatory foods and recipes, since our environment causes so much inflammation. This book breaks down all types of inflammation, and the easy ways you can fight it. It reminded me to listen to my body about what foods to eliminate. There are delicious and easy recipes in here, and I love the fresh pictures. I want to try the avocado and salmon power breakfast

sandwich and quinoa tabbouleh (glad to see it since I need gluten free tabbouleh.)

Half the issues with our help are diet related. I think we becoming more aware of that. This book lays it out there pretty clear. I also like the bonus chapters focused on the Autoimmune system breakdown. Really educational book. Helped guide me a lot.

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 loss 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. I will be trying more of the recipes in the book and am starting to modify my diet to contain as many anti-inflammatory foods as possible. I found the upfront information to be very education and it set the stage for the recipes. I am a layperson when it comes to different functions of the body and this book was extremely helpful with this subject matter. I would recommend this book to anyone interested in learning more about inflammation and how the body uses it along with great recipes to aid in dealing with the inflammatory process. Well done.

Good information and nice collection of recipes. Inflammation is an often misunderstood topic, but thankfully this book puts it in to the right perspective. Well explained and neatly presented, it is a

mus read for every health enthusiast.

This has a lot of good information on inflammation. It should not be viewed as just a cookbook but also a source of information.

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