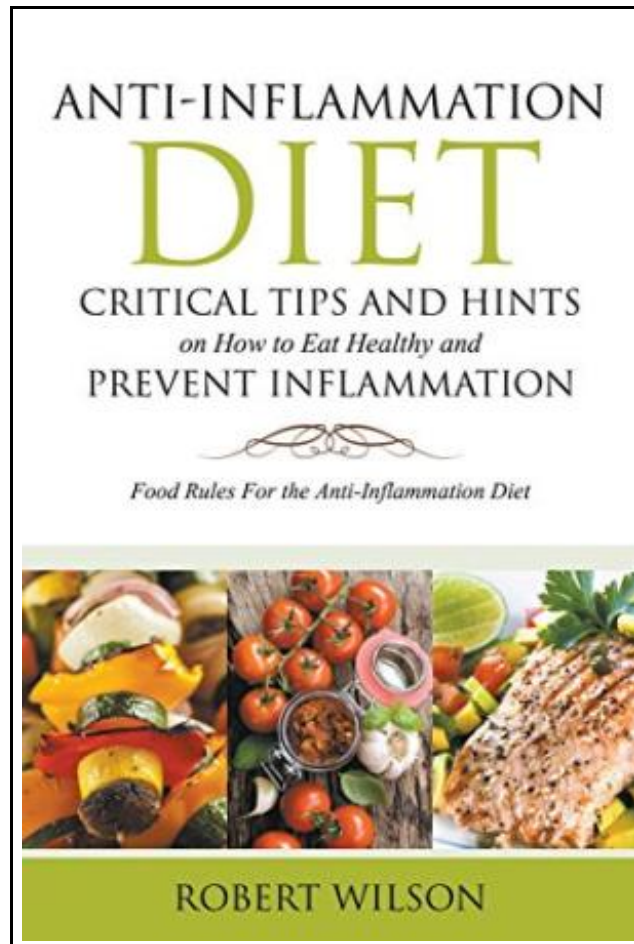


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Speedy Publishing LLC, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Lots of individuals suffer from inflammation, especially those individuals that have arthritis or some other disease that affects mobility. Of course there are numerous medications that can help to alleviate the pain but many persons are trying to find natural solutions to the problem. One of the most natural solutions for the problem is to modify the diet and eat foods that will help to reduce the levels of inflammation in the body. The text **Anti-Inflammation Diet: Critical Tips and Hints on How to Eat Healthy and Prevent Inflammation** helps the reader to learn what inflammation is, what causes it and to learn what the foods are that are best suited for this diet. The book also highlights the foods and other things that are to be avoided. It is a great text for the home. The recipes that are found toward the end of the book are great and will satiate any palate. TABLE OF CONTENTS Chap 1. What Is the Anti-Inflammatory Diet and What Damage Does It Cause? 5 Chap 2. What Are the Symptoms of Food Allergies and the Anti-Inflammation Disease? . 10 Chap 3. Why Is an Anti-Inflammation Diet Important? . 14 Chap 4. Useful Ingredients and Kitchen Utensils To Have When Preparing Anti-Inflammation Diet Recipes . 18 Kitchen Gadgets. 18 Basic Foods . 19 Chap 5. Some Sample Menus or Meal Plans for Anti-Inflammation Diet . 22 Chap 6. 8 Anti-Inflammation Diet Appetizer Recipes . 28 Chap 7. 8 Anti-Inflammation Diet Lunch Recipes . 34 Chap 8. 8 Anti-Inflammation Diet Dinner Recipes . 41.



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