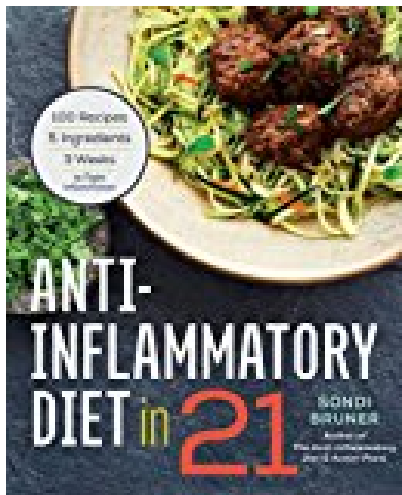


# Anti-Inflammatory Diet in 21 100 Recipes 5 Ingredients and 3 Weeks to Fight Inflammation

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## BOOK DETAILS

- Author : Sondi Bruner
- Pages : 208 Pages
- Publisher : Rockridge Press
- Language : English
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## **BOOK SYNOPSIS**

Recent research reveals that inflammation has a negative impact on general wellness and can worsen many common health conditions, including migraines, diabetes, heart disease, weight gain, arthritis, and gastrointestinal disorders. The good news? Eating certain foods and avoiding others can be a highly effective way to diminish and manage inflammation. In *The Anti-Inflammation Cookbook*, professional cook and inflammation sufferer Amanda Haas joins forces with Dr. Bradly Jacobs to explain which foods are beneficial and why and to share 65 delicious, simple inflammation-busting recipes. Sometimes good food can be the best medicine.

### **ANTI-INFLAMMATORY DIET IN 21 100 RECIPES 5 INGREDIENTS AND 3 WEEKS TO FIGHT INFLAMMATION**

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