



## The Inflammation Diet: Complete Guide to Beating Pain and Inflammation with Over 50 Anti-Inflammatory Diet Recipes Included

By Dylanna Press

Createspace, United States, 2014. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Inflammation has been called the silent killer and it has been linked to a wide variety of illnesses including heart disease, arthritis, diabetes, chronic pain, autoimmune disorders, and cancer. Often, the root of chronic inflammation is in the foods we eat. The Inflammation Diet: Complete Guide to Beating Pain and Inflammation will show you how, by making simple changes to your diet, you can greatly reduce inflammation in your body and reduce your symptoms and lower your risk of chronic disease. The book includes a complete plan for eliminating inflammation and implementing an anti-inflammatory diet: Overview of inflammation and the body's immune response - what can trigger it and why chronic inflammation is harmful The link between diet and inflammation Inflammatory foods to avoid Anti-inflammatory foods to add to your diet to beat pain and inflammation Over 50 delicious inflammation diet recipes A 14-day meal plan Take charge of your health and implement the inflammation diet to lose weight, slow the aging process, eliminate chronic pain, and reduce the likelihood and symptoms of chronic disease.



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