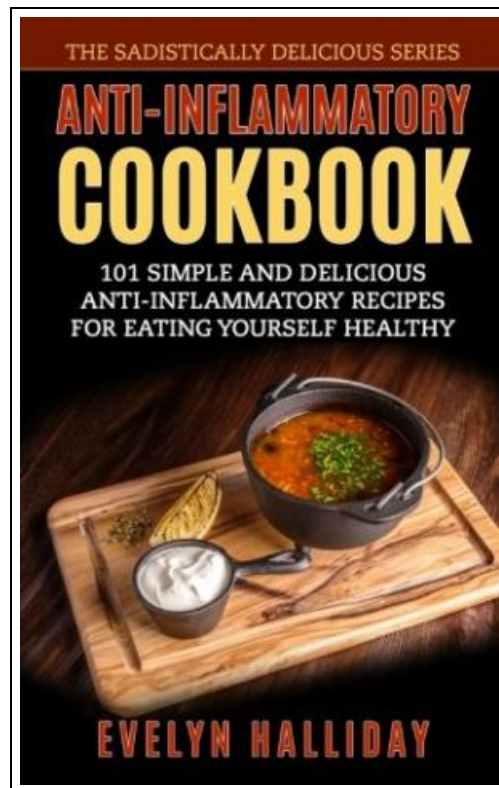


## Anti-Inflammatory Cookbook: 101 Simple and Delicious Anti-Inflammatory Recipes for Eating Yourself Healthy (Paperback)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Best selling author Evelyn Halliday is back again with the long awaited Anti-Inflammatory Cookbook: 101 Simple and Delicious Anti-Inflammatory Recipes for Eating Yourself Healthy. There are numerous ailments that are exacerbated by inflammation from rheumatoid arthritis and heart disease to Alzheimer s disease and cancers but beyond this an anti-inflammatory diet is known to prevent certain illnesses and even slow the ageing process. So, if greater health, disease prevention and weight loss are of interest to you, you have chosen the correct book! This book was designed to inspire and guide those wishing to increase their wellness through choosing a healthier (and usually much tastier) diet as well as help reducing the suffering of those afflicted by inflammation related illnesses the world over. Lots of fruit and veg, forget 5 a day, we re looking more towards the 8-10 range. This alongside plenty of fibrous nuts and seeds is a great foundation to work from. It is generally considered that an anti-inflammatory diet will contain at least 27 grams of fibre everyday which provides us the nutrients our bodies require to stave off outbreaks of inflammation. Crucifers like broccoli, Brussels sprouts and other root vegetables as well as alliums like garlic and onions are extremely high in antioxidants and many other minerals. Regularly eating both crucifers and alliums is even known to reduce the risk of developing cancer. Fruits like blueberries also contain antioxidants, pineapples contain bromelain and green leaves like spinach are high in calcium too. These foods working together and working alongside certain herbs and spices can make a significant difference to individuals who suffer with inflammatory problems and not only that, these foods are also delicious! It has...



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