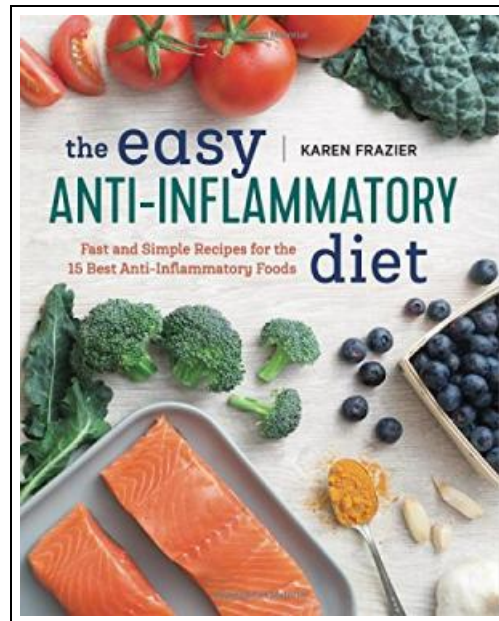


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Rockridge Press, 2017. Paperback. Condition: New. Language: English . Brand New Book. In The Easy Anti Inflammatory Cookbook, Karen Frazier provides simple, speedy, tempting recipes that come together quickly and are easy to customize. --Lulu Cook, RDN, co-author of The Complete Anti Inflammatory Diet for Beginners Chronic inflammation has been linked to just about every health concern out there, and research indicates that certain foods are the root cause. But with the plethora of information available on the Internet, it can be difficult to know exactly which foods an anti inflammatory diet consists of-and moreover, how to easily incorporate it into your daily life. The Easy Anti Inflammatory Diet is the most complete, easy-to-use resource for fighting inflammation through diet and nutrition. This book presents a unique approach to the anti inflammatory diet that singles out the 15 most effective anti inflammatory foods and presents a collection of simple recipes that incorporate each one. 15 anti inflammatory foods create the basis for the recipes, maximizing the pain-relieving effects of each superfood. 95 easy, effective recipes take 30 minutes or less to cook, use 5 main ingredients or fewer, and include at least 1 top inflammation fighter, while excluding foods that contribute to inflammation. Expert guidance from one of the most trusted voices in restrictive diets, Karen Frazier, author of best-selling wellness cookbooks such as The Easy Acid Reflux Cookbook and The Hashimoto s Cookbook and Action Plan. With additional features like the easiest-to-use chart of anti inflammatory foods, and additional tips for saving time and money, The Easy Anti Inflammatory Diet is your all-in-one guide towards starting the anti inflammatory diet-and sticking with it.



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