



Anti Inflammatory Diet: Top 49 Mediterranean Inspired Recipes Rich in Omega-3s and Antioxidants-Make Weight Loss Easier, Slow Down the Aging Process, and Prevent Disease (Paperback)

By Joelyn McKeown

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Antioxidants-Make Weight Loss Easier, Slow Down The Aging Process, And Prevent DiseaseCurious about the Anti-Inflammatory diet? Ready for a change? Wondering if this way of eating will work for you? This cookbook is definitely for you if.Anti-inflammatory foods are nutrient powerhouses due to high antioxidant levels and/or plentiful in Omega-3 fatty acids. It neednt take a major life event or injury to spur you toward following an anti-inflammatory diet though. Ideally its a way of eating you can incorporate proactively Inflammation is the culprit behind all health problems, from the little problems such as wrinkles, to the devastating ones, like cancer. However, inflammation is often misunderstood, for it is simply a reaction to disease, rather than the cause. If the body is not healthy, it is more susceptible to disease, thus inflammation becomes chronic. People take antihistamines and other drugs that supposedly get rid of inflammation, yet they do nothing to improve their health. If you have constantly been suffering from inflammation, then you should talk...



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