



The Anti-Inflammation Diet and Recipe Book: Protect Yourself and Your Family from Heart Disease, Arthritis, Diabetes, Allergies, and More

By Dr Jessica K Black

Hunter House Publishers, United States, 2016. Spiral bound. Book Condition: New. 2nd. 226 x 163 mm. Language: English . Brand New Book. The connection between inflammation and heart disease, arthritis, and other chronic ailments has become increasingly clear. Many food allergies and poor dietary choices over stimulate the immune system and cause inflammatory responses that erode the bodys wellness and pave the path for ill health. Based on her naturopathic practice, Jessica Black has devised a complete program for how to eat and cook to minimize and even prevent inflammation and its consequences. The first part of the book explains the benefits of the anti-inflammatory diet with an accessible discussion of the science behind it. The second half contains 108 recipes. The author offers many substitution suggestions and includes a healthy ingredient tip with each recipe. Most of the dishes can be prepared quickly and easily by even novice cooks. A week of sample menus for summer months and another for winter are included, as well as a substitutions chart, allowing readers to modify their favorite recipes to increase their healing potential. This second edition includes a new introduction from the author, as well as brand new and revised recipes.



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Reviews

This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Ally Reichel**

This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You wont feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).

-- **Prof. Kirk Cruickshank DDS**