The Anti-Inflammatory Diet Cookbook 150 Recipes: Combat Protect Against Heart Disease, Arthritis, Diabetes, Allergies and More.

By Vanessa Brown

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Anti-inflammatory lifestyle diets have been recommended by health care professionals for decades due to the health benefits derived from the diet, however, it is suggested that 7 out of 10 adults have never even heard of the diet! This is largely because of the lack of available information about the diet. Go to your local library or book store and you will be fortunate to find even one or two books on anti-inflammatory eating. Most who have heard of the diet only have their physicians advice or the internet to gain information on the diet. The benefits obtained through following an anti-inflammatory diet are so valuable that word of the diet needs to begin to spread like wildfire. Though scientific data on the benefits of the anti-inflammatory diet continues to be researched, experts have concluded that the main advantages of the lifestyle diet which have been proven to date include: -Decreases risk of heart disease -Decreases risk of diabetes -Reduces blood triglycerides and blood pressure -Helps to maintain and control existing cardiac problems -Helps reduce painful arthritis flare-ups...

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