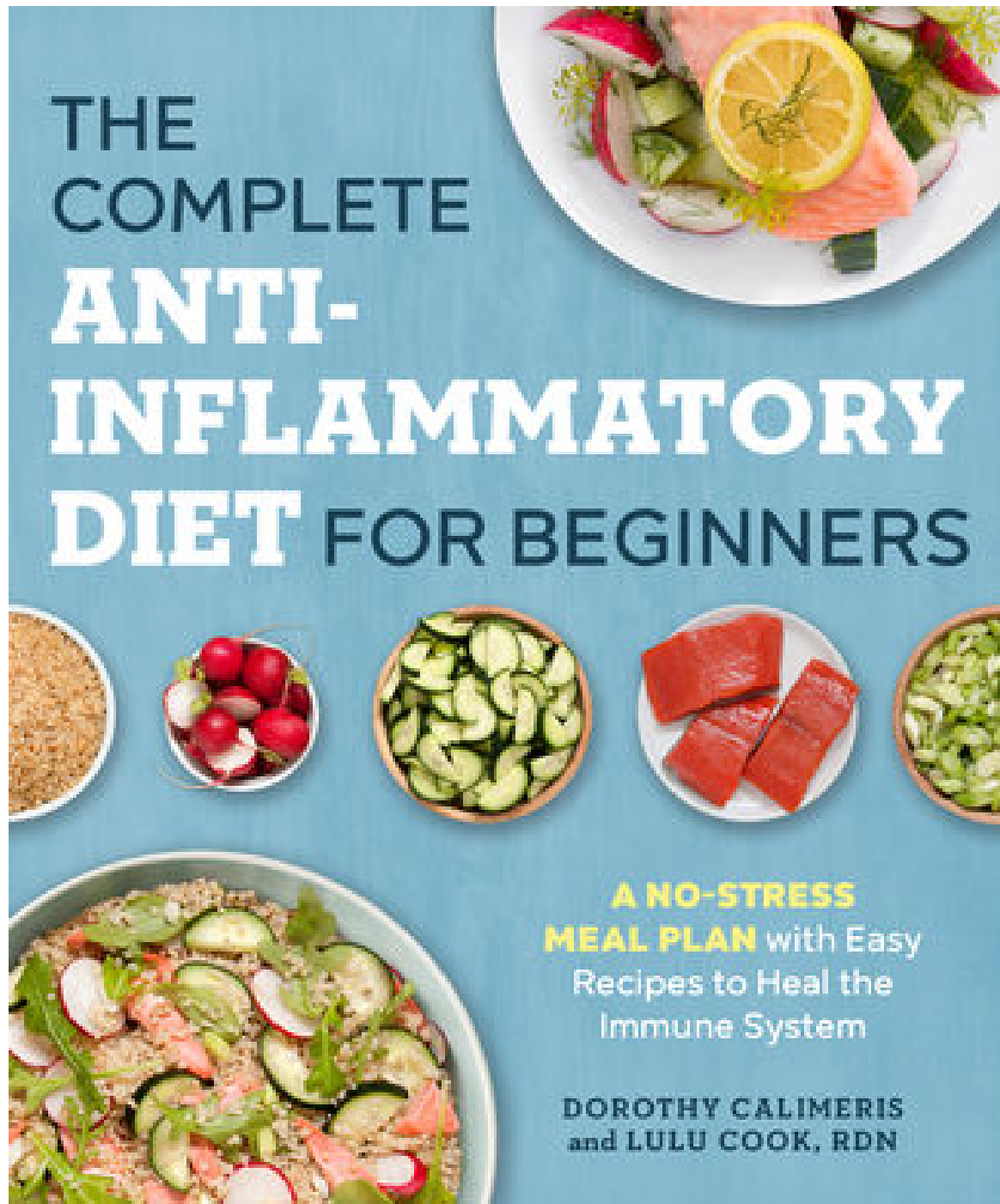


# **The Complete Anti-Inflammatory Diet for Beginners: A No-Stress Meal Plan with Easy Recipes to Heal the Immune System**



**Author : Dorothy Calimeris & Lulu Cook, RDN**

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**Chronic inflammation does not have to drag you down, sap your energy, or contribute to poor health any longer. Learn how to reverse chronic inflammation through simple dietary changes with *The Complete Anti-Inflammatory Diet for Beginners*.**

If you suffer from chronic inflammation, you're already familiar with symptoms such as pain and fatigue, as well as co-existing conditions including autoimmune disorders and gut health problems. By following an anti-inflammatory diet you can reverse the frustrating and often debilitating effects of inflammation—but knowing where to start can be difficult.

As co-author of the bestselling cookbook *The Anti-Inflammatory Diet and Action Plans* and someone who follows an anti-inflammatory diet, Dorothy Calimeris knows firsthand what it takes to get started and stick with it. In *The Complete Anti-Inflammatory Diet for Beginners*, Dorothy delivers her personal expertise and recipes, alongside registered dietitian nutritionist Lulu Cook who breaks down the anti-inflammatory diet into easy-to-follow steps and provides a broad variety of enjoyable meals.

Relatable and straightforward, this cookbook offers simple, affordable, delicious recipes and meal plans. With *The Complete Anti-Inflammatory Diet for Beginners* you'll enjoy:

**75 simple, affordable recipes** that use limited ingredients for delicious meals that are healthful and satisfying **An integrated 2-week meal plan** offering budget-friendly shopping lists and easy prep guides for a variety of flavorful recipes **Handy food lists** that help you identify inflammation-causing ingredients and inflammation-fighting superfoods—and know what to shop for **A 7-day list of activities** to prepare you for your new lifestyle and get you ready, set, and going in no time *The Complete Anti-Inflammatory Diet for Beginners* will help you to begin healing your chronic inflammation sooner than you think with everything you need for making this healthy change....

<b>Title</b>	: The Complete Anti-Inflammatory Diet for Beginners: A No-Stress Meal Plan with Easy Recipes to Heal the Immune System
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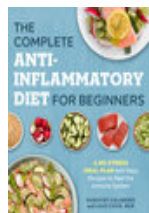
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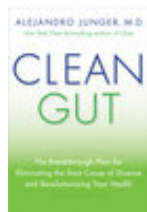
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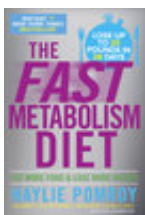
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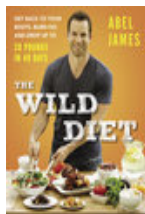
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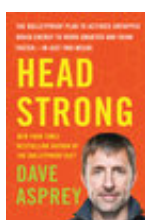
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