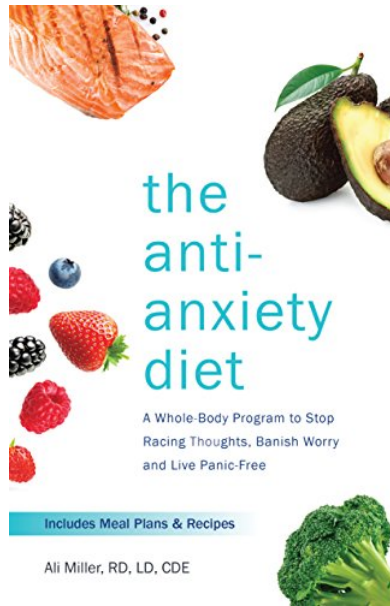


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Stop Food Triggered Anxiety and Eat Meals that Calm Your Thoughts Every day, millions of American struggle with debilitating anxiety, which causes not only mental symptoms such as thought rumination, depression, and irritability, but also physical symptoms like digestive distress, shakiness, headaches, weight gain, adrenal or thyroid dysfunction, chronic fatigue, and even autoimmune diseases. Luckily, there is now an easy, affordable way to manage your symptoms and live a healthier, happier, more peaceful life: The Anti-Anxiety Diet. In this book, registered dietitian and food-as-medicine guru Ali Miller teaches you how to discover and treat the root causes of your body's chemical imbalances. Create your own personalized eating plan from dozens of delicious recipes, including Sweet Potato Avocado Toast, Green Goddess Salad, Kimchi, Bone Broth 3 Ways, Pumpkin Seed Pesto Pasta, and more! By using food as medicine, you can: Remove Inflammatory Foods Reset Gut Microbiome Repair GI Lining Restore Micronutrient Status Rebound Adrenals Rebalance Neurotransmitters

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