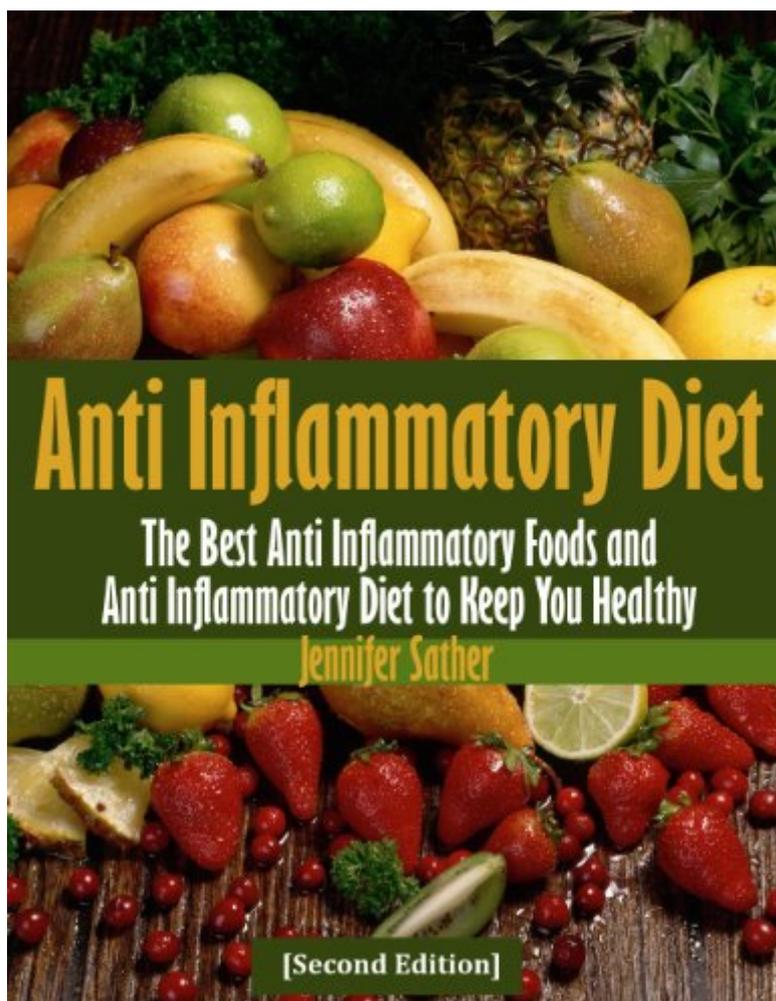


The book was found

Anti Inflammatory Diet [Second Edition]: Recipes For Arthritis And Other Inflammatory Disease



Synopsis

Anti Inflammatory Diet [Second Edition] The Best Anti Inflammatory Foods and Anti Inflammatory Diet to Keep You Healthy ----- Now [Second Edition], with the following changes: * New introductory section: "Why Go On an Anti Inflammatory Diet?" * Nearly 4000 words of new recipes. * Improved formatting and editing ----- Inflammation has been linked to a number of health problems, including: Cardiac Diseases -- Congestive heart failure, arterial diseases, and many other heart disorders have been linked to inflammation, as the deposits of fat and hormones in the body can cause swelling - which leads to many other problems. Cancer -- Chronic inflammation is one of the many causes of tumor formation, as well as the spread of free radicals and carcinogens. Weight Gain -- Food that isn't digested properly will lead to all kinds of problems, including inflammation caused by obesity. When you weigh more than you should, more pressure is placed on your body than it can handle. Your muscles and joints swell up in order to protect your body. Joint Pain -- Arthritis is just one of the many health problems that can be caused by swelling of the joints, but suffice it to say that all joint issues can be very painful and debilitating. Inflammation is something that you should avoid at all costs, so it's in your best interests to do what you can to avoid this problem. The food you eat will have a huge effect on your body, and the wrong foods can cause all kinds of inflammation. If you want to stay healthy, it's important that you eat from only the list of anti inflammatory foods! The natural anti inflammatory foods included in the anti inflammatory diet recipes in this book will keep you healthy and strong! You'll be amazed at all the natural anti inflammatories that you can find in nature, and they'll be a wonderful addition to your anti inflammatory diet menu.

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Customer Reviews

I've been suffering from acute inflammation at a young age. Although, I'm getting used to it, there are times that I cry because often, my body get tolerance from the pain relievers I take. At work, A co-worker of mine, shared her experience with chronic inflammation and advised to stock some herbs instead of medicines. One day, I thought of using the herbs she told me and realized how effective it was so I decided to research on more herbs to be helpful when I found this book. This book contains not just a list of herbs to stock at home but also a list of recipes I can prepare which can also help with my inflammation. I really liked how the book was outlined, very easy to understand and to search every time I want to find something from this book. I would really recommend this to everybody especially to those who are also suffering from chronic inflammation like me. This is not to promote a book but to encourage people to not just depend on chemicals but also to use herbs as an alternative.

Not very much information in this book at all. The writer talks about certain ways to not cook food but doesn't explain why. And while recommending fish is good, there's no guidelines regarding not buying farmed fish, or fish from China. Which would be counterintuitive to an anti-inflammatory diet. The recipes all seem very basic and bland, and there's a lot of soy used. Almost all soy is genetically modified and very inflammatory. No guidance there either. I think this book has the right idea but unfortunately missed the mark.

This book is not as insightful as I was hoping. It consists almost entirely of recipes, and not enough actual information. If you already know what you need about this diet, I imagine this book will be nice to have so you don't have to come up with your own recipes, but if you're like me and want info about why we should follow the diet, or more info about food or health, this won't be quite as helpful.

The anti-inflammatory diet closely resembles the general Mediterranean region nutrition profile.

Fish, olive oil, kelp, blueberries, crunchy greens, sweet potatoes, garlic, ginger, turmeric and green tea are just some of the staples of this nutrition and lifestyle plan. The anti inflammatory diet is really not a diet, but instead a lifestyle choice. In North America, we have a lot of choices in regards to food. In my opinion we have to proactively choose what we want to ingest. I have a chronic autoimmune disease and chronic pain. I was diagnosed in 2001 and the immense pain began about six years later. I was 38 years old when I got really sick and I had always thought of myself as a nutritious, healthy eater. I had no problems with salt intake or blood pressure, ate a lot of fresh fruits and vegetables, rarely if ever had fried foods, loved coffee, no soda, rarely alcohol, etc. When I look back there was nothing I was eating that would indicate that I was on the precipice of early retirement and permanent disability. This book is extremely informative and, in my opinion, many of the recipes should be regularly incorporated into the general American diet. Sugar is one of the main causes of inflammation. This book also gives a lot of necessary information about some other dietary staples that can bring on gradual amounts of dangerous inflammation. I'm giving this cookbook five stars because it is well-organized, very informative on why an anti inflammatory diet is important to your health, very detailed (with workable tips and advice) about how to follow an anti inflammatory food plan and the recipes are pretty good - I tried two, tweaked them a little to my taste, but they worked. I hope this review was helpful to you.

I will provide a detailed review when I try the diet. Right now I can say that content is very informative and doable, but not sure about results yet. If you try please share. Thank you.

This diet includes a lot of the foods I liked already! Simple affordable ingredients to make tasty satisfying meals. Just had oatmeal breakfast I'm full and looking forward to trying the other recipes suggested.

Good basic information and context. Only problem for me personally is that I should have gotten the book and not the Kindle version. Easier to flip pages with a book.

too many foods that I would have to make a special trip to the store to find.

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