



The Anti Inflammatory Diet Cookbook: No Hassle 30-Minute Recipes to Reduce Inflammation

Madeline Given , Jennifer Lang (Foreword)

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-In The Anti-Inflammatory Diet Cookbook Madeline explores how today's foods cause and promote inflammation in the body. Here you will find information that inspires impactful life changes, and delicious recipes that are as beneficial as they are satiating. Within days to weeks of instituting an anti-inflammatory diet, most people find some relief from symptoms.-

-Jennifer Lang, MD, foreword writer and author of *The Whole 9 Months*

Fatigue, GI flare-ups, joint swelling and pain. Most of us are familiar with symptoms such as these long before we know that chronic inflammation is at the root of it. The good news is that once you make the connection, you can immediately start helping your body heal with the power of good nutrition through an anti-inflammatory diet.

According to the US National Library of Medicine National Institutes of Health (NCBI), inflammation can be linked to just about every health condition and is the underlying basis for a significant number of diseases. Additionally, there's an overwhelming amount of research that supports the use of an anti-inflammatory diet to aid in the body's natural healing process.

As a certified holistic nutritionist Madeline Given helps clients address their specific symptoms of ongoing inflammation. By prescribing an easy-to-follow anti-inflammatory diet filled with flavorful, anti-inflammatory nutrient rich recipes, Madeline has guided numerous inflammation sufferers towards immediate symptom relief and long lasting renewed well being.

In *The Anti-Inflammatory Diet Cookbook*, Madeline makes her easy diet program guidelines and tasty, uncomplicated recipes available to anyone who suffers from inflammation symptoms, or even just wants to improve their general health. Smart, succinct, and simple, *The Anti-Inflammatory Diet Cookbook* is your all-in-one quick-start guide.

30 MIN OR LESS Plan your meals ahead of time based on what your schedule allows-these anti-inflammatory diet recipes take just 30 minutes or less

FRIEND OR FOE? Shop smart with helpful lists of foods to enjoy, or avoid, on your anti-inflammatory diet

LIFESTYLE TIPS Give your anti-inflammatory diet an additional boost by applying these quick inflammation reduction tips to your everyday activities

Your body is doing it's best to beat inflammation. Join the fight with the quick-start action plan laid out in *The Anti-Inflammatory Diet Cookbook*, and begin feeling better one delicious, nutritious meal at a time.

The Anti Inflammatory Diet Cookbook: No Hassle 30-Minute Recipes to Reduce Inflammation Details

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From Reader Review The Anti Inflammatory Diet Cookbook: No Hassle 30-Minute Recipes to Reduce Inflammation for online ebook

Aevalle Galicia says

So glad I bought!

After reading so many bad digital cookbooks, this one was a sheer pleasure to read. I love how organized and easy to follow it all is. I almost bookmarked every recipe to try!

Janet Wright says

Great recipes! I enjoy her brief descriptions of the recipes and any ethnic connections.

☆?☆RaeleighReads☆?☆ says

I'm really digging this cookbook. My full review should be up later this week.

Linda P. Haraway says

Fine if you don't have arthritis

I hate to whine, but how can one prep these meals with raging RA? It's a catch 22: I can't cook this until I get better. Cooking wears me out, then there's cleanup, and that's just one meal! I can't chop, cut, grip stuff, pick up pots and pans. I ordered the paperback but I'm canceling the order. What's the point. It's a great book if you have your own cook. I do not. I have to eat out.

Danielle Fowler says

Amazing

What a resource. She breaks it down so eating healthy doesn't feel overwhelming. Basic ingredients and short cook times will make feeding the kids easy!

Alyssa says

Such good information in here and lots of good ideas for substitutions and good recipes. Have tried 2 recipes so far - one I've made about three times and we love it. One was just ok. So we're looking forward to trying

more!

Lesley Looper says

I enjoyed going through this cookbook--several recipes look really good and fairly easy. "Anti-inflammatory" is an interesting way to think about food as a healing force.

L Foster says

Some good recipes.
