



# **ANTI-INFLAMMATORY DIET: Vol. 3 Dinner Recipes (Anti-Inflammatory Cookbook) (Anti-Inflammatory Recipes)**

*Charity Wilson, My Recipe Journal*

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Are you concerned about the effects inflammation is having on your body? Did you realize that your diet is one of the main contributors to this inflammation?

## Anti Inflammatory Recipes For Ultimate Health

More than ever before what you are eating matters more than how much you eating. Our lives are filled with processed goods on a daily basis if we let them be. I mean they are so quick and easy but the reality is they are slowly killing us.

*Inflammation* in the body is being contributed to many of our chronic diseases which means most of them are possibly prevented with proper diet. You need to have the recipes in place to make choosing the right diet easy. Well, you are going to love this book which is just one in a series of three and will make living **inflammation free** feel effortless.

## What Is An Anti Inflammatory Diet?

Essentially it eliminates many of the allergenic **foods that can cause inflammation** in the body. It also focuses on reducing the amount of pesticide, hormone and antibiotic laden foods that are so common today.

The diet focuses on whole and natural foods which are really what we should all eat anyway but through years of advertising we have been swayed to think that inflammation causing foods are somehow healthy for us. When healthy athletes promote fast food, how can we expect any different especially from young people who are influenced by them.

When you eliminate foods that are overly processed, full of sugar and hydrogenated oils, you stand a much better chance of living a long healthy life. If you are used to a junk filled diet, it can take some time to get used to an *anti inflammatory diet*. Start to slowly replace your current unhealthy meals with the recipes inside this cookbook and before long you will feel like a whole new person.

If great tasting food isn't enough the anti-inflammatory diet is also thought to help prevent or treat the following conditions:

- Alzheimer's disease
- Cancer
- Diabetes
- Heart disease
- Inflammatory bowel diseases
- Irritable bowel syndrome

If we can possibly prevent these diseases with diet than I say what are you waiting for?

## Ready To Get Cooking?

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