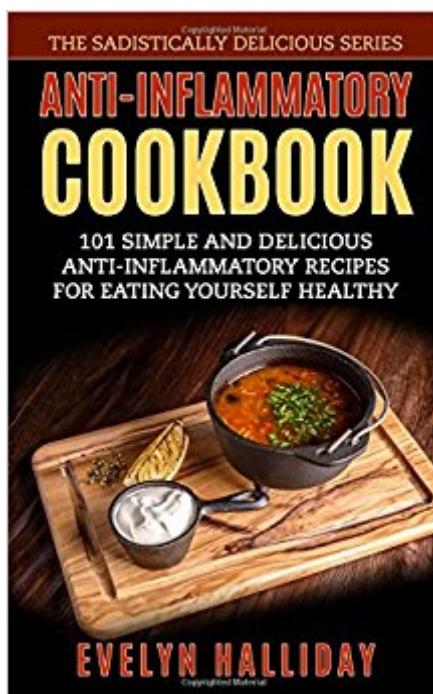


The book was found

Anti-Inflammatory Cookbook: 101 Simple And Delicious Anti-Inflammatory Recipes For Eating Yourself Healthy



Synopsis

Best selling author Evelyn Halliday is back again with the long awaited Anti-Inflammatory Cookbook: 101 Simple and Delicious Anti-Inflammatory Recipes for Eating Yourself Healthy. There are numerous ailments that are exacerbated by inflammation from rheumatoid arthritis and heart disease to Alzheimer's disease and cancers but beyond this an anti-inflammatory diet is known to prevent certain illnesses and even slow the ageing process. So, if greater health, disease prevention and weight loss are of interest to you, you have chosen the correct book! This book was designed to inspire and guide those wishing to increase their wellness through choosing a healthier (and usually much tastier) diet as well as help reducing the suffering of those afflicted by inflammation related illnesses the world over. Lots of fruit and veg, forget 5 a day, we're looking more towards the 8-10 range. This alongside plenty of fibrous nuts and seeds is a great foundation to work from. It is generally considered that an anti-inflammatory diet will contain at least 27 grams of fibre everyday which provides us the nutrients our bodies require to stave off outbreaks of inflammation. Crucifers like broccoli, Brussels sprouts and other root vegetables as well as alliums like garlic and onions are extremely high in antioxidants and many other minerals. Regularly eating both crucifers and alliums is even known to reduce the risk of developing cancer. Fruits like blueberries also contain antioxidants, pineapples contain bromelain and green leaves like spinach are high in calcium too. These foods working together and working alongside certain herbs and spices can make a significant difference to individuals who suffer with inflammatory problems and not only that, these foods are also delicious! It has been suggested that we should eat at least three portions of fish like mackerel, salmon or trout per week, the high content of fatty acids like omega-3 makes fish a winner every time. When combined with ingredients like walnuts, chillies or garlic to name but a few, oily fish can quickly become a firm family favourite, one that's packed full of brain food as well as having inflammation fighting properties. It's time to get stuck in and eat yourself healthy.

Book Information

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Customer Reviews

It was really nice to see that this book was designed to inspire and guide those wishing to increase their wellness through choosing a healthier and usually much tastier diet we eat as well as the help it will create reducing the suffering of those afflicted by inflammation related illnesses the world over as we have more people in obesity this past few years. Let this book help us in terms of that.

This is so useful and impressive recipes! If you suffer from any inflammatory diseases I highly recommend this book, it explains the inflammatory reasons and how many of the foods we eat worsen the condition. The recipes are very good and I especially love the action plan in the book. I highly recommend this book if you or someone you know is suffering from inflammatory diseases.

This one's a keeper! I normally don't buy cookbooks anymore, but this was recommended by a friend since I needed something for my inflammation problems so I thought why not try it. This book has a clear discussion of the types and some food causes of body inflammation aside from the recipes. I learned a lot from this book and we sure like the recipes in it.

Food plays an important role in controlling inflammation. This book had put together a full week of recipes using foods that are known for their anti-inflammatory properties. This recipe will help us to manage our inflammation related illnesses by eating right!

The food is great, I haven't felt as if I am restricted in my diet in anyway. Clearly illustrated too which helps. This is a great read and you learn what foods can cause inflammatory, all the recipes are very interesting and easy to make. A great reference to have.

This book is great for anti inflammatory dietary guide. The meals does not deprives from eating what you like. You can still enjoy food with all the recipe listed on this book.

Great book with a wide range of healthy easy to make recipes.

Great anti inflammatory cookbook to have because the recipes are so simple and easy to prepare. I've been looking for a cooking like this for a long time and I'm very glad that I found it in kindle.

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