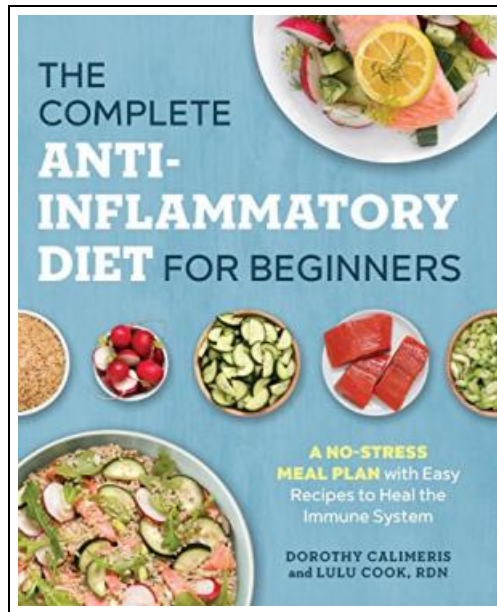


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Rockridge Press, 2017. Paperback. Condition: New. Language: English . Brand New Book. Chronic inflammation does not have to drag you down, sap your energy, or contribute to poor health any longer. Learn how to reverse chronic inflammation through simple dietary changes with The Complete Anti-Inflammatory Diet for Beginners. If you suffer from chronic inflammation, you re already familiar with symptoms such as pain and fatigue, as well as co-existing conditions including autoimmune disorders and gut health problems. By following an anti-inflammatory diet you can reverse the frustrating and often debilitating effects of inflammation-but knowing where to start can be difficult. As co-author of the bestselling cookbook The Anti-Inflammatory Diet and Action Plans and someone who follows an anti-inflammatory diet, Dorothy Calimeris knows firsthand what it takes to get started and stick with it. In The Complete Anti-Inflammatory Diet for Beginners, Dorothy delivers her personal expertise and recipes, alongside registered dietitian nutritionist Lulu Cook who breaks down the anti-inflammatory diet into easy-to-follow steps and provides a broad variety of enjoyable meals. Relatable and straightforward, this cookbook offers simple, affordable, delicious recipes and meal plans. With The Complete Anti-Inflammatory Diet for Beginners you ll enjoy: 75 simple, affordable recipes that use limited ingredients for delicious meals that are healthful and satisfyingAn integrated 2-week meal plan offering budget-friendly shopping lists and easy prep guides for a variety of flavorful recipesHandy food lists that help you identify inflammation-causing ingredients and inflammation-fighting superfoods-and know what to shop forA 7-day list of activities to prepare you for your new lifestyle and get you ready, set, and going in no time The Complete Anti-Inflammatory Diet for Beginners will help you to begin healing your chronic inflammation sooner than you think with everything you need for making this healthy change.

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