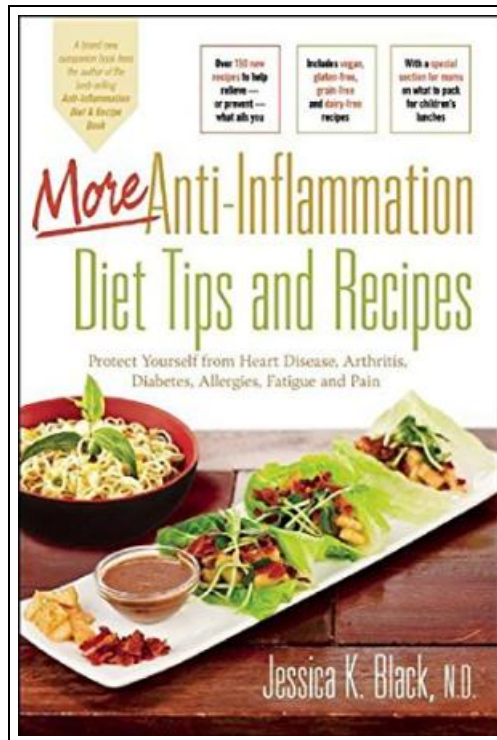


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Hunter House Publishers, United Kingdom, 2013. Spiral bound. Condition: New. Language: English . Brand New Book. Recently, the connection between inflammation and heart disease, arthritis, and other chronic diseases has become established. Many food allergies inefficiently and overabundantly stimulate the immune system to react and cause inflammatory responses. Any inflammation in the body interferes with and slows down metabolism and the healing response. Chronic inflammation within our bodies erodes our wellness and paves the path for ill health. Today's research clearly shows that our health is very dependent on the food we eat. Poor nutrition choices and hidden food allergies can cause inflammation in the body, which can lead to serious, chronic diseases like heart disease, cancer and stroke, the three leading causes of death in the United States. Inflammation is also linked to arthritis, diabetes, asthma, and allergies. Dr. Black wrote The Anti-Inflammation Diet Recipe Book in 2006, the first book to give the complete anti-inflammation program with specifics on how to eat and cook in order to prevent and counter inflammation, because many of her patients wanted to follow a naturopathic, anti-inflammatory diet but couldn't find any recipes to use. The anti-inflammatory diet eliminates many common allergenic foods that may promote inflammation in the body and reduces intake of pesticides, hormones, and antibiotic residues. The diet is full of whole foods, eliminates processed foods, sugars, and other man-made foods such as hydrogenated oils, and encourages ample vegetable intake for essential nutrients. The anti-inflammatory diet therefore promotes simpler and easier digestion and offers less insult on the body by reducing intake of toxins and other difficult to digest foods. If the blood and lymph are properly supplied and difficult to digest or assimilate foods are eliminated, cellular function, or in other words, metabolism, improves. Therefore the body...



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