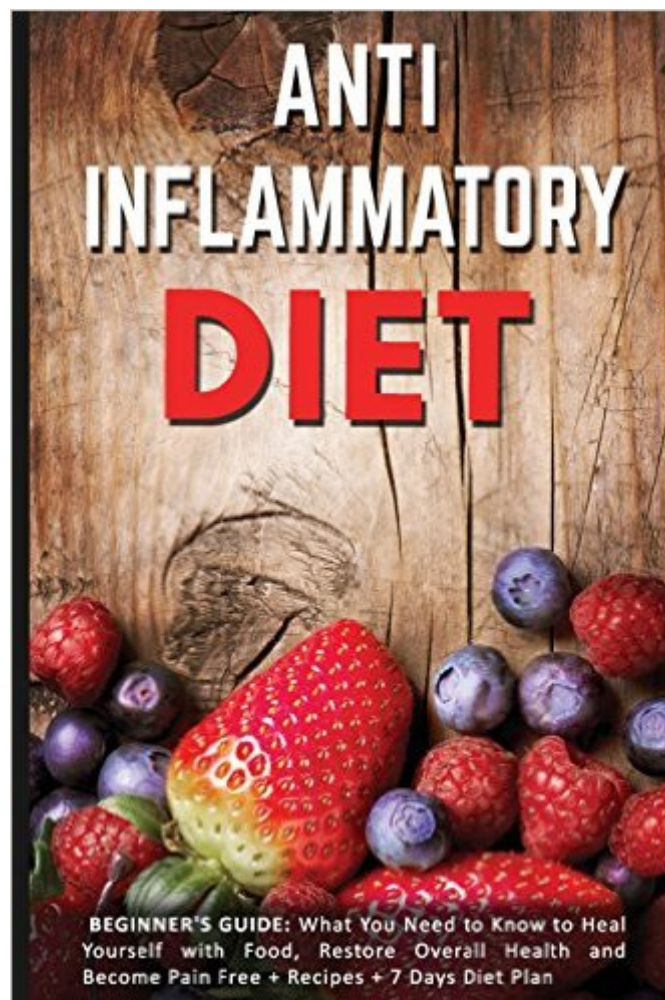


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# **Anti Inflammatory Diet: Beginner's Guide - What You Need To Know To Heal Yourself With Food, Restore Overall Health And Become Pain Free + Recipes + 7 ... Recipes For Beginners, Inflammation Cure)**





## Synopsis

Use These Powerful Anti Inflammatory Secrets to Immediately Heal yourself with Food And Restore Your Overall Health Today only, get this bestseller for just \$6.99. Regularly priced at \$9.99. This book contains proven steps and strategies on how to prevent inflammation from ruining your health. When we hear the word diet, we immediately associate it with weight loss. The anti-inflammatory diet does not focus on weight loss though. However, because the food it entails are focused mostly on whole foods and foods rich in omega 3, followers of this diet will experience weight loss to some extent. The main purpose of the anti-inflammatory diet is to decrease inflammation caused by the food we eat. Chronic inflammation is the cause of some of the most common fatal diseases among adults. Preventing food related inflammation will have long-term health benefits to those who engage in this diet regimen. This book will help you understand inflammation better, and you will learn how you can plan your own diet in order to be more healthy, become pain free, and live a happy life! You need this book. Here Is A Preview Of What You'll Learn... The Principles of Anti-inflammatory Diet Diseases and Health Conditions Related to Inflammation Food and Inflammation 7-Day Anti-Inflammation Meal Plan Anti-Inflammation Meal Recipes Much, much more! Get your copy today! Take action today and get this book for a limited time discount of only \$6.99!

## Book Information

Series: Immune System Healing, Weight Loss, Recipes For Beginners, Inflammation Cure

Paperback: 122 pages

Publisher: CreateSpace Independent Publishing Platform (December 29, 2015)

Language: English

ISBN-10: 1523842164

ISBN-13: 978-1523842162

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 8.5 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (50 customer reviews)

Best Sellers Rank: #121,510 in Books (See Top 100 in Books) #81 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Immune Systems](#) #214 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer](#)

## Customer Reviews

New author Jonathan Brum (aka James Wayne) tackles a subject that is so important that it jumps

off the page as one of those self-help books that is a "must read"™. There is more useful information in this short book about our body's ability to stave off disease by eating properly than in most online seminars, plus there are many very fine recipes to get you started. In his first chapter "The Principles of Anti-Inflammatory Diet, James distills the information well: "Inflammation is the body's natural reaction towards infection or injury. When observed from the outside, inflammation can be described by its signs and symptoms like redness, heat coming out of the tissue, pain and increase in the size of the tissue. We are all too familiar with these signs and symptoms. We see them in people with allergies or who have been injured. When bacteria enter the body for example, and damage some of our cells, the cells release certain chemicals that signal to the body that there is a problem. The chemicals released cause the signs and symptoms that we are familiar with. The combined effects of the chemicals histamine and bradykinin for example, cause pain. Histamine, together with prostaglandin, is also responsible for the accumulation of fluid in the area, which causes swelling. The actions of these chemicals are meant to limit the damage caused by the foreign body that has entered our system. The presence of the inflammation chemicals in the bloodstream also creates some changes in the walls of the blood vessels. This allows certain types of white blood cells to enter the inflamed tissue to destroy the microorganism causing the damage."™ In his synopsis he states, "When we hear the word diet, we immediately associate it with weight loss.

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