



# **Anti-Inflammatory Diet: Top Anti-Inflammatory Diet Recipes for Beginners (anti inflammatory cookbook, anti inflammation diet, pain free, healthy eating)**

*Alexis McArthur*

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## **Anti-Inflammatory Diet**

### **Top Anti-Inflammatory Diet Recipes for Beginners (Everything You Need To Know To Heal Yourself And Restore Physical Health with Food)**

Since inception on the first day of life and throughout the life cycle, the human body is continually bombarded by chemicals, viruses, toxins, bacteria, and other potentially damaging factors. Fortunately, the body naturally responds to these adverse circumstances by initiating an inflammatory response. During this response, the potentially harmful threats are dealt with promptly and completely. Or at least this is what was once believed.

Research has led to the realization that the inflammatory response is not always turned off in a timely manner. As a result, a majority of humans venture through their lives with some degree of 'silent' inflammation that can wreak havoc on their bodies. Instead of protecting and healing the body, inflammation becomes the enemy. This is clearly witnessed by the increased prevalence of heart disease, Alzheimer's disease, diabetes, cancer, and autoimmune disorders, to mention a few. Now it is proven that these conditions are clearly and intimately linked to uncontrolled inaudible inflammation.

So what to do when a good thing goes bad? The most common response, especially in the medical world, is to treat the symptoms, diseases, and conditions with medications such as over-the-counter analgesics and often with more powerful, and potentially harmful, prescription drugs. This will quell inflammation temporarily, but is this really a long-term solution? Individuals versed in prevention would answer this question with a definitive no. To properly treat silent inflammation, a few steps need to be taken backward before the patient can move forward and treat inflammation from a preventative and permanent stance rather than with an after-the-fact approach.

There is a desperate need for humans to identify and address their inflammation-producing dietary and lifestyle behaviors in a preventative manner. Luckily, more and more research supports specific behaviors that can significantly reduce the presence of inflammation in the body. Rather than treat the problems linked to inflammation, the focus turns to preventing inflammation in a proactive manner before it spawns an uncontrollable monster that robs years from our lives and life from our years. Humans need to embrace the wisdom that states "an ounce of prevention is worth a pound of cure."

This Anti-Inflammation Diet Book will educate you on various matters that include:

- What inflammation is
- Factors that contribute to inflammation
- The anti-inflammation diet and its benefits
- Stages of Inflammation
- Recipes associated with anti-inflammation.

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