



## Anti Inflammatory Diet [Second Edition] (Paperback)

By Jennifer Sather

Speedy Publishing Books, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Anti Inflammatory Diet [Second Edition] The Best Anti Inflammatory Foods and Anti Inflammatory Diet to Keep You Healthy ----- Now [Second Edition], with the following changes: \* New introductory section: Why Go On an Anti Inflammatory Diet? \* Nearly 4000 words of new recipes. \* Improved formatting and editing -----  
- Inflammation has been linked to a number of health problems, including: Cardiac Diseases -- Congestive heart failure, arterial diseases, and many other heart disorders have been linked to inflammation, as the deposits of fat and hormones in the body can cause swelling - which leads to many other problems. Cancer -- Chronic inflammation is one of the many causes of tumor formation, as well as the spread of free radicals and carcinogens. Weight Gain -- Food that isn't digested properly will lead to all kinds of problems, including inflammation caused by obesity. When you weigh more than you should, more pressure is placed on your body than it can handle.



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