



Anti-Inflammatory Eating Made Easy: 75 Recipes and Nutrition Plan

Michelle Babb

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Inflammation is a hot topic in the world of health, nutrition, and weight loss, with activism by Dr. Oz, Michael Pollan, and Mark Bittman. With *Anti-Inflammatory Eating Made Easy*, eat as much as you want, lose weight, and heal your body. More and more people have become aware of the many benefits of an anti-inflammatory diet. Seattle nutritionist Michelle Babb has created an easy-to-follow nutrition plan and cookbook that helps readers combat inflammation with healthy recipes and food choices. Making dramatic lifestyle changes can be difficult, but the seventy-five recipes and nutrition plan in this book make that change approachable, understandable, sustainable, and delicious. Adopting an anti-inflammatory diet can help alleviate arthritis, type 2 diabetes, food allergies, skin conditions, weight gain, and many other symptoms of chronic inflammation.

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