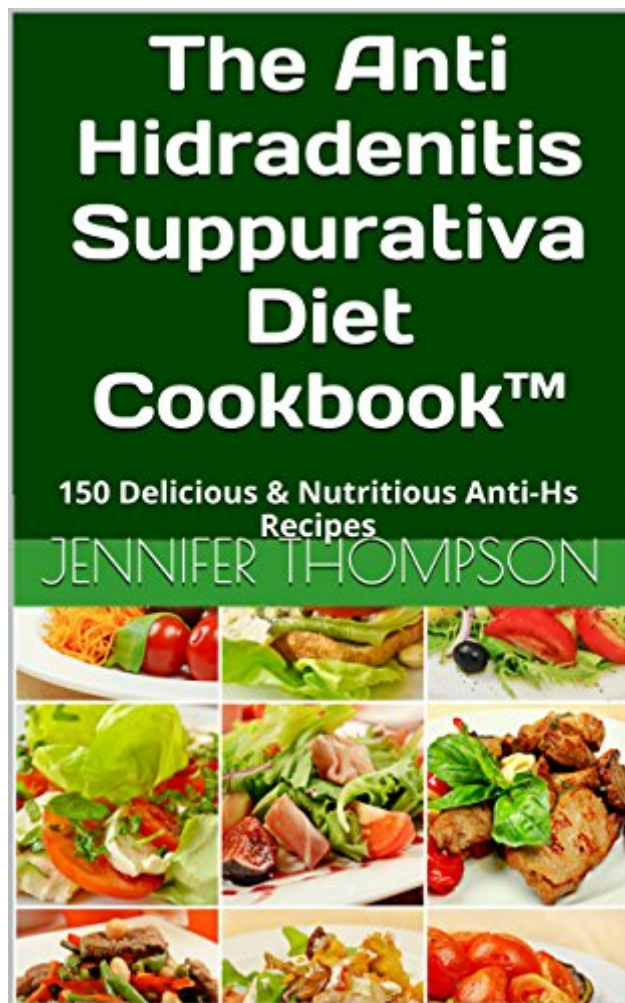




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# The Anti Hidradenitis Suppurativa Diet Cookbookâ„¢: 150 Delicious & Nutritious Anti-Hs Recipes



## Synopsis

It is only recently that it has been recognized that inflammation is a key cause, trigger and/or aggravating factor of many ailments and diseases, including hidradenitis suppurativa (HS). Inflammation is how your body responds to something painful, irritating or, even potentially, harmful. Having abnormal levels of inflammation in your body can put you at an increased risk for developing heart disease, cancer, and other life-threatening conditions. More importantly for you, having an elevated inflammation level in your body is what is causing your HS to flare up, and is the reason why it is not healing. The key to permanently getting rid of HS, and having the healthiest body possible, is to maintain an anti-inflammatory state within your body, i.e. the molecules that prevent inflammation are kept higher than those causing inflammation. Once an anti-inflammatory state is achieved, you will rapidly notice your HS healing up, your skin looking better than ever before, and your energy levels will quickly increase. Throughout this book you will learn the benefits behind consuming an anti-inflammatory diet, not only to cure your HS but to achieve the best health state possible. You will begin to understand the factors which make up an anti-inflammatory diet and how these factors can affect the level of inflammation in a person's body. Finally you will find 150 recipes to help get you started in four main categories, including: Breakfast Recipes Lunch Recipes Dinner Recipes Snack Recipes The ultimate goal of this cookbook is to help open the door to an anti-inflammatory diet lifestyle. It is for you to finally cure your HS, but also for all individuals, so that they may find optimum health and well-being. You do not need to have problems with inflammation to participate in this diet nor does this diet need to be recommended by a doctor (although, it is always a good idea to consult with your physician before beginning any new diet regimen). There are no special packaged foods, bars, or drinks, no gimmicks. All that is required of you is that you stick mostly to the foods on the approved list and, as much as possible, steer clear of the high-risk foods. That's it – that's all there really is to it. The anti-inflammatory diet is one that can easily be adjusted around you and/or your family's busy schedule. With the anti-inflammatory diet, you can enjoy how great you feel and feel good enjoying life!

## Book Information

File Size: 961 KB

Print Length: 264 pages

Simultaneous Device Usage: Unlimited

Publication Date: November 19, 2014

Sold by:Â Digital Services LLC

Language: English

ASIN: B00PX4CFOM

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #356,706 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #48

inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Skin Ailments #106 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Skin Ailments #548 inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Healthy

## Customer Reviews

I've had HS for three years (35 year old male, used to smoke cigarettes when I was younger). Saw loads of doctors, dermatologists and endocrinologists; tried everything..cycles of Accutane, Prednisone, Remicade, Humira, you name it, I've done it. Through my own research I started to read how different foods can have a dramatic impact on inflammation and HS flare-ups, and indeed I started noticing a difference when I was careful with my eating. I bought this cookbook to help me come up with ideas for meals and IÃ¢Â™m very glad I did as 150 recipes are more than enough! Barely a week and a half following this cookbook to a T, my skin started clearing up. The boils shrunk and the lesions have started healing. Thank you for this wonderful cookbook!

Anyone with HS not only knows it's incurable, and also know that things like gluten, tomatoes, and nightshades all are huge triggers. You're better off doing strict AIP or elimination diet.

There is no way possible these people know what they're talking about. Nightshades are one of the #1 triggers of HS, tomatoes are in the nightshade family, and tomatoes are all over the cover. The authors should be ashamed of themselves for claiming to specifically help a disastrous medical condition, only to actually do the very opposite by aggravating it.

This book is an absolute crock. The recipes sounds pretty good, sure, but NOT as part of an anti-inflammatory diet. Jennifer Thompson has recipes that include whole-wheat products, Nutella,

peas, jalapeños, etc. These foods have been proven to be inflammatory in nature and not good for sufferers of chronic autoimmune diseases caused by inflammation. DO NOT buy this book for its intended purpose because you will not see changes in your body. Absolutely ridiculous!

Seriously?? Tomatoes on the cover of an Anti-Hidradenitis book?? I certainly will not be purchasing this.

Really liked the book, great recipes. The only thing I had a problem with Jennifer says this is a cure for HS. As people with HS know there is NO cure for HS. She should not give false hope.

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