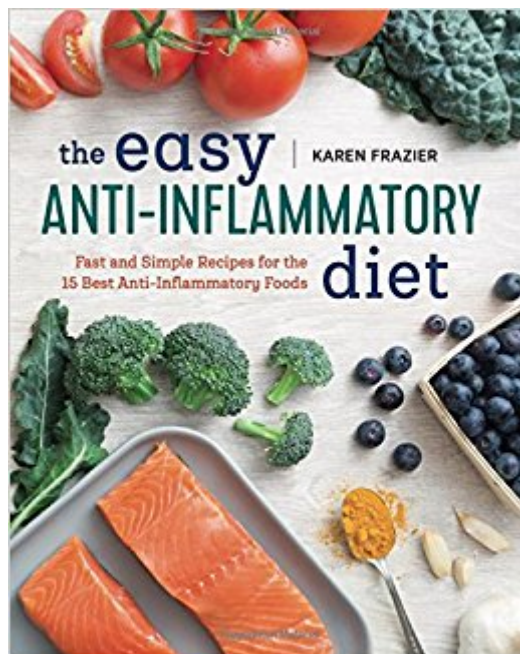




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# The Easy Anti Inflammatory Diet: Fast And Simple Recipes For The 15 Best Anti-Inflammatory Foods



## Synopsis

In *The Easy Anti Inflammatory Cookbook*, Karen Frazier provides simple, speedy, tempting recipes that come together quickly and are easy to customize. Lulu Cook, RDN, co-author of *The Complete Anti Inflammatory Diet for Beginners* Chronic inflammation has been linked to just about every health concern out there, and research indicates that certain foods are the root cause. But with the plethora of information available on the Internet, it can be difficult to know exactly which foods an anti inflammatory diet consists of and moreover, how to easily incorporate it into your daily life. *The Easy Anti Inflammatory Diet* is the most complete, easy-to-use resource for fighting inflammation through diet and nutrition. This book presents a unique approach to the anti inflammatory diet that singles out the 15 most effective anti inflammatory foods and presents a collection of simple recipes that incorporate each one. 15 anti inflammatory foods create the basis for the recipes, maximizing the pain-relieving effects of each superfood. 95 easy, effective recipes take 30 minutes or less to cook, use 5 main ingredients or fewer, and include at least 1 top inflammation fighter, while excluding foods that contribute to inflammation. Expert guidance from one of the most trusted voices in restrictive diets, Karen Frazier, author of best-selling wellness cookbooks such as *The Easy Acid Reflux Cookbook* and *The Hashimoto's Cookbook and Action Plan*. With additional features like the easiest-to-use chart of anti inflammatory foods, and additional tips for saving time and money, *The Easy Anti Inflammatory Diet* is your all-in-one guide towards starting the anti inflammatory diet and sticking with it.

## Book Information

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## Customer Reviews

KAREN FRAZIER is the author of the best-selling cookbooks *The Easy Acid Reflux Cookbook*, *The Acid Reflux Escape Plan*, *The Hashimoto's Cookbook and Action Plan*, and *DASH Done Slow: The DASH Diet Slow Cooker Cookbook*. Karen specializes in writing about health, wellness, and nutrition-based restrictive diets. She serves as Health Editor at [LoveToKnow.com](http://LoveToKnow.com). Learn more at [KarenFrazier.com](http://KarenFrazier.com).

Practical recipes but it's funny how they seem to contain things that cause inflammation. I guess it depends on the foods we react to. All sound delicious though

Simple recipes, readily available ingredients.

As someone who lives with a chronic pain disorder, this book has been amazing. I had no idea that so many small ingredients were affecting my dystrophy. I have noticed a complete difference I'm the week I have been using it and highly recommend it. I received this book free from the publisher and am so thankful.

For those who are just beginning to understand the issues of anti inflammation this book is a great place to start. Contains easy recipes and convenient lists for quick reference.

Uh huh! Chicken adobo that takes about 10 minutes to prepare and tastes authentic and delicious without being too spicy for my hubby. What's not to like? He actually thought it was beef. If you want to have a different flavor, try Chicken Adobo (p. 100) for a sure bet with good-for-us anti-inflammatory turmeric. Here is a cookbook that delivers on its promise to provide fast and simple recipes using the best 15 anti-inflammatory ingredients. For those new to anti-inflammatory literature, this is would be good to start with the 20 plus pages intro that is easy to read and understand. Author Karen Frazier makes it fun to explore new recipes with interesting intros, ingredient tips and colorful stock photo spots. I'll be enjoying recipes from this book for the foreseeable future attempting to get relief from inflamed arthritic joints. Immediately, the quick prep takes it easy on sore knees, and I'm optimistic that the anti-inflammatory recipes will help keep me on track for the longer term as well. N.B. I received a review copy of this book from the publisher, but the opinions are my own.

Chronic inflammation is one of many ailments that may be able to be reduced by changing your diet. You may also be able to reduce or stop prescription drugs you are on. The book discusses the 15 most effective anti-inflammatory foods and recipes incorporating them. In the first part of the book are lists of foods to avoid and enjoy to reduce inflammation. I received a copy from the publisher.

The blueberry nut trail mix, is Soo yummy! I definitely recomend this book. For everyone with or without inflammatory problems. I received this book from the publisher for my unbiased review :)

I love this cookbook! The recipes are all very simple to make and they all look very good. I love that these are healthier recipes as well. I'm always looking for a good healthy recipe I can feed to my family. Many recipes don't take a whole lot of time to cook either, which is great for me since I'm always running out of time to cook up a great meal. I would highly recommend this book to anyone. Disclosure: I received this book for free from the publisher. The opinions are all 100% my own.

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