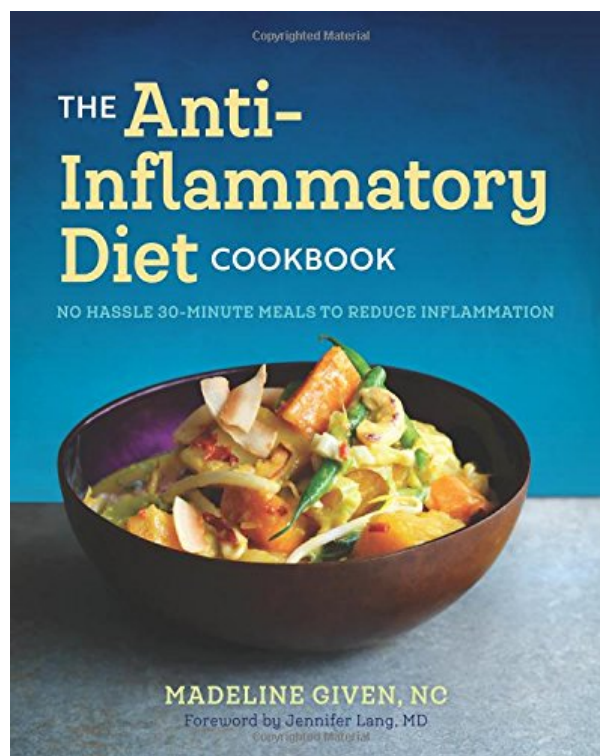
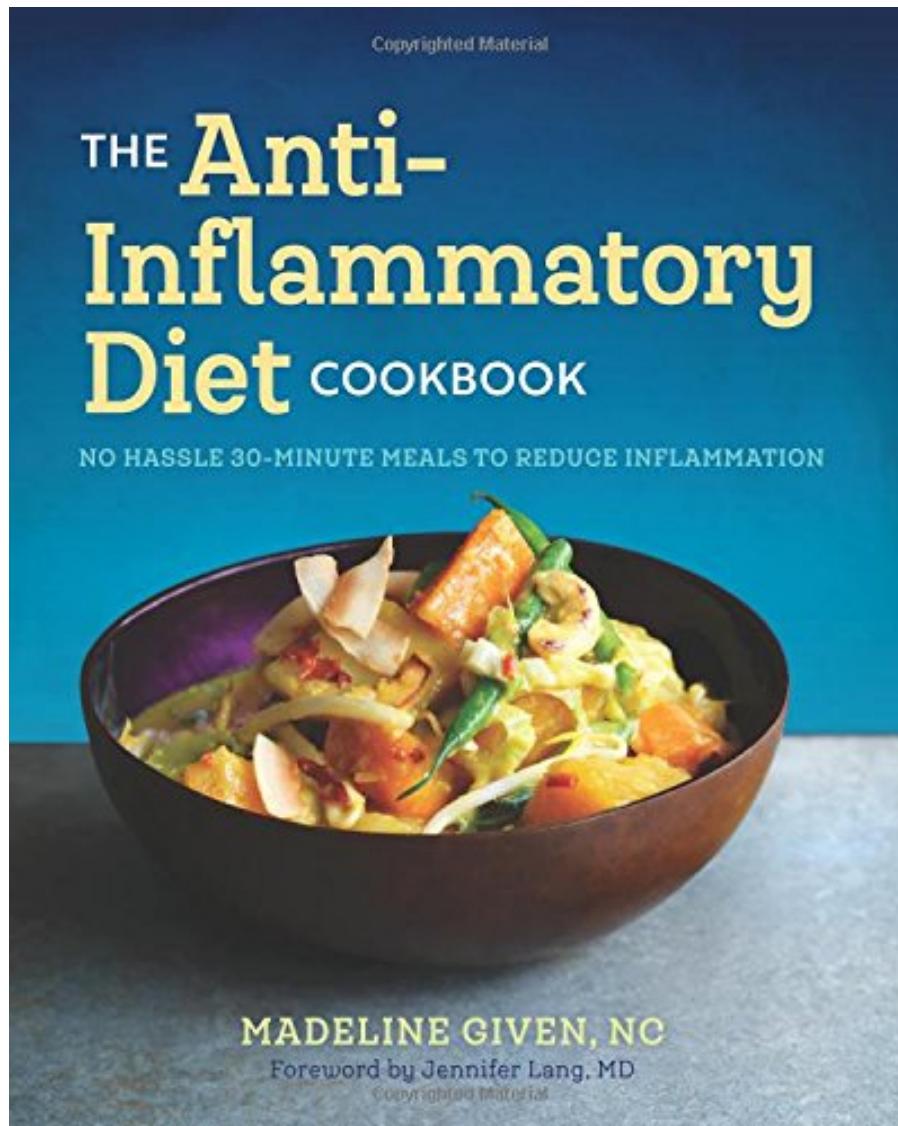


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COOKBOOK: NO HASSLE 30-MINUTE
RECIPES TO REDUCE INFLAMMATION BY
MADELINE GIVEN NC**



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Review

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Fatigue, GI flare-ups, joint swelling and pain. Most of us are familiar with symptoms such as these long before we know that chronic inflammation is at the root of it. The good news is that once you make the connection, you can immediately start helping your body heal with the power of good nutrition through an anti-inflammatory diet.

According to the US National Library of Medicine National Institutes of Health (NCBI), inflammation can be linked to just about every health condition and is the underlying basis for a significant number of diseases. Additionally, there’s an overwhelming amount of research that supports the use of an anti-inflammatory diet to aid in the body’s natural healing process.

As a certified holistic nutritionist Madeline Given helps clients address their specific symptoms of ongoing inflammation. By prescribing an easy-to-follow anti-inflammatory diet filled with flavorful, anti-inflammatory nutrient rich recipes, Madeline has guided numerous inflammation sufferers towards immediate symptom relief and long lasting renewed well being.

In The Anti-Inflammatory Diet Cookbook, Madeline makes her easy diet program guidelines and tasty, uncomplicated recipes available to anyone who suffers from inflammation symptoms, or even just wants to improve their general health. Smart, succinct, and simple, The Anti-Inflammatory Diet Cookbook is your all-in-one quick-start guide.

- **30 MIN OR LESS** Plan your meals ahead of time based on what your schedule allows?these anti-inflammatory diet recipes take just 30 minutes or less
- **FRIEND OR FOE?** Shop smart with helpful lists of foods to enjoy, or avoid, on your anti-inflammatory diet
- **LIFESTYLE TIPS** Give your anti-inflammatory diet an additional boost by applying these quick inflammation reduction tips to your everyday activities

Your body is doing it’s best to beat inflammation. Join the fight with the quick-start action plan laid out in The Anti-Inflammatory Diet Cookbook, and begin feeling better one delicious, nutritious meal at a time.

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Most helpful customer reviews

21 of 22 people found the following review helpful.

Easy to read

By Patti

I am new to anti inflammatory eating and this book explains it very well. Hopefully I can slow down my arthritis progression. Even if just lose weight, from these delicious looking recipes, that would help.

6 of 6 people found the following review helpful.

So glad I bought!

By Kindle Customer

After reading so many bad digital cookbooks, this one was a sheer pleasure to read. I love how organized and easy to follow it all is. I almost bookmarked every recipe to try!

8 of 9 people found the following review helpful.

Quick and Easy and Delicious and Healthy to Boot!

By Jill N. Pontiere

I normally don't buy cookbooks anymore, but this was recommended by someone on a blog. I pulled it up and I liked what I saw and I am so glad I purchased the Anti-Inflammatory Diet. I made the Tahini Lime Dressing/Dip for a party this past weekend and served it with veggies and it was a big hit. The recipes are quick and easy and I like the idea that you can have something healthy on the table in no time flat. Ingredients aren't totally foreign and readily available at the grocery store. It's a great addition to my collection. This one is a keeper!

See all 55 customer reviews...

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