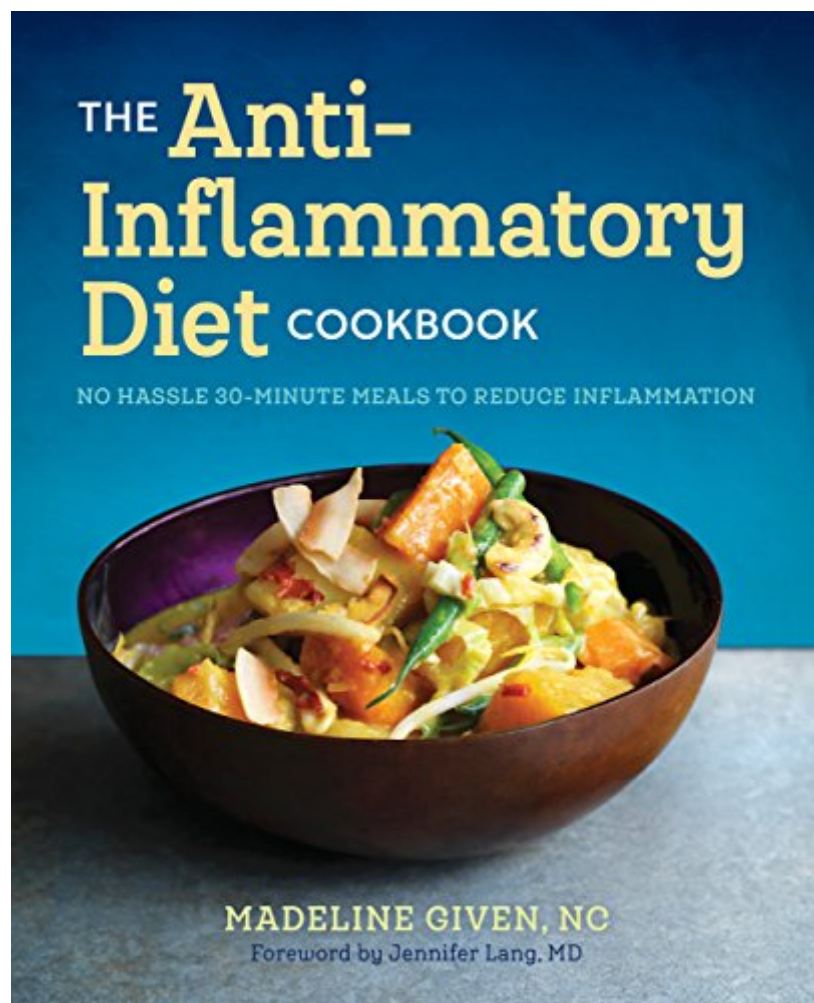




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# The Anti Inflammatory Diet Cookbook: No Hassle 30-Minute Recipes To Reduce Inflammation



## Synopsis

In *The Anti-Inflammatory Diet Cookbook* Madeline explores how today's foods cause and promote inflammation in the body. Here you will find information that inspires impactful life changes, and delicious recipes that are as beneficial as they are satiating. Within days to weeks of instituting an anti-inflammatory diet, most people find some relief from symptoms.

—Jennifer Lang, MD, foreword writer and author of *The Whole 9 Months*

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 its 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.

## Book Information

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## Customer Reviews

I always felt cookbooks were a waste of money because you may like a couple recipes but the rest of the book was useless. And with the plethora of recipes on the internet it just never seemed worth it. This one is the exception, I truly love how each recipe seems very simple - they are quick recipes, most don't require a ton of ingredients and don't contain anything too crazy where you'll have to go to multiple stores. But I also really appreciate how each recipe tells you whether it's gluten free, dairy free, vegan, paleo, etc. It really helps you get what you are looking for really fast - no more looking through blogs trying to make sure the recipe doesn't have a certain nut or gluten. Hope to find more like this from the author!

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.

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!

Great recipes that I'm looking forward to trying out. She also provides a resource section for some of the items she recommends.

I love the recipes. They work on reducing my bloated feelings after I eat. I no longer have a "baby bump" after I eat.

Even as a dietetic student, I've always found anti-inflammatory diets to be intimidating and restrictive, but Madeline's cookbook is just lovely. From beautiful food photos, layouts, and fonts, to her description of taking control of your health through diet as "an act of empowerment," I loved the positive tone her writing takes and how easy she makes this healthful diet seem (she provides just four basic guidelines). Her recipes use familiar ingredients and are all under 30 minutes for prep and cooking time! Great for weeknight meals! I also love how many international cuisines she includes - Chinese, Russian, even a recipe from Laos! All recipes are labeled with nutrition information, allergen info, and dietary considerations (vegan, vegetarian, paleo, etc). She also provides time-saving tips and interesting facts about certain ingredients. The recipes are absolutely delicious as well! I plan to incorporate many recipes from this book into my regular menu rotation!

I know I struggle with inflammation, but didn't know too much about exactly what that meant before looking through this cookbook. The first few pages give an excellent explanation of how inflammation affects us and what steps we can take to alleviate it. I think what I appreciate most about this cookbook is that the recipes truly are no-hassle. They don't include a long list of ingredients that can be daunting and keep you from even attempting a recipe. I also love that there is a wide variety of "diets" represented (labeled paleo, vegan, dairy-free, etc.). I feel like I'm constantly hearing different dietary recommendations -- stop eating gluten, cut out dairy, go vegan, and so on... but this cookbook gives you a lot of options and doesn't leave you with a one-size-fits-all mentality. I really enjoyed the Overstuffed Baked Sweet Potatoes (pg. 120) & I'm looking forward to trying many others!

This is a cookbook for everyone simply because inflammation is such a trending topic today. Whether you or your family members have an auto-immune disease, diabetes, cancer, or you just want to eat healthy, the recipes will fit your lifestyle. The author provides detailed nutritional information per serving, as well as preparation tips for each recipe. She includes vegan, vegetarian, as well as recipes with animal foods that are pasture raised and organic. Plus, Madeline is a

Certified Nutrition Consultant, so she knows what she's talking about. I tried the beet salad with peas and greens and it turned out beautiful! I wish there were more photos though, only the first page of each chapter has one.

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