

Anti-Inflammatory Diet Cookbook

Vol 1: Breakfast Recipes

***Delicious & Energizing Anti-Inflammatory
Recipes to Allievate Pain, Stimulate Healing
and Restore Vibrant Health***

By Kira Novac (ISBN-10: 1517083176)

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A physician has not written the information in this book. Before making any serious dietary changes, I advise you to consult with your physician first.

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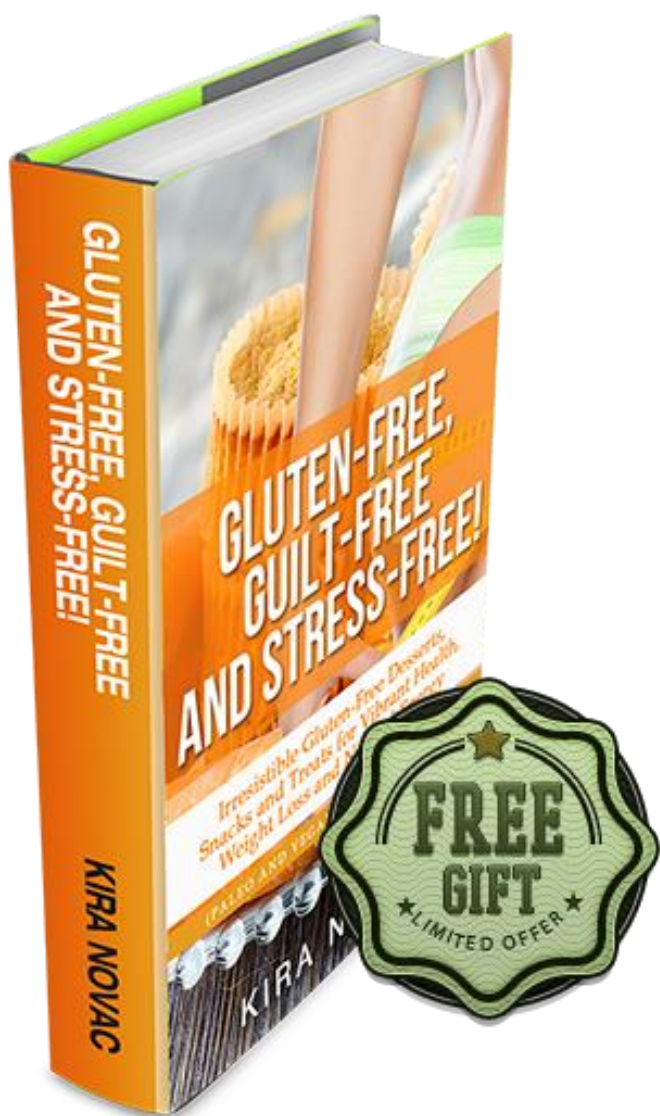
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Introduction

Tasty and Healthy Anti-Inflammatory Diet Breakfast Recipes

Inflammation is your body's natural process for self-preservation. When you sustain an injury, the site surrounding the injury becomes inflamed (swollen) – this draws blood to the area to help start the healing process. When inflammation becomes chronic, however, it has the potential to do some serious damage to your body. Chronic inflammation has been linked to a number of serious diseases and conditions including asthma, rheumatoid arthritis, ulcerative colitis, and Crohn's disease. This type of inflammation can last for months, or even years, doing slow but steady damage to your body and to your immune system.

What can you do about chronic inflammation other than fill your body with prescription drugs? You can make simple changes to your diet to help reduce inflammation and to provide relief from a wide variety of inflammatory diseases. The anti-inflammatory diet is actually very simple to follow – there are no complicated rules to learn or crazy restrictions to follow. What you need to do is increase your consumption of fresh and nutritious foods like fruits, vegetables, whole grains, and healthy fats. By making positive changes to your

diet you can reduce inflammation and improve your overall health. Why wouldn't you give it a try?

In order to follow the anti-inflammatory diet you should cut back on your consumption of processed foods, fried foods, and fast foods. Aim for an intake of four to five servings of vegetables per day and three to four servings of fruit. Concentrate on whole grains as a staple of your diet, eating three to five servings a day. Healthy fats and good oils (like those that come from olive oil and avocado, plus nuts and seeds) should be consumed five to seven times a day and you should also get one to two servings of beans and legumes. In terms of protein, focus on lean protein options like fish and seafood, aiming for two to six servings per week. Soy foods, Asian mushrooms, herbs, spices, and tea are also important parts of the anti-inflammatory diet. You can also enjoy natural cheeses, yogurt, eggs, and lean meats up to twice a week.

Now that you know the basics about the anti-inflammatory diet you may be eager to get started. This book is just what you need to jump-start your anti-inflammatory diet so you can start to feel better. This book is intended for anyone who would like to give the anti-inflammatory diet a try, but it will be particularly beneficial for those suffering from some type of inflammatory condition. Within this cookbook you will find a wonderful collection of many tasty recipes for breakfast. These recipes are made from fresh, wholesome