

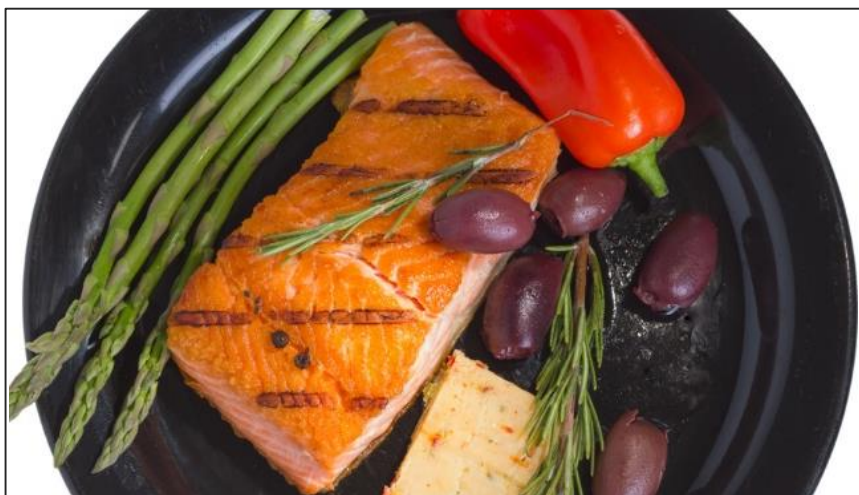
# **Anti-Inflammatory Diet: The Holistic Approach**

*Alleviate Pain, Stimulate Healing and  
Restore Vibrant Health (Mouth-Watering  
Recipes Included)*

**By Kira Novac (ISBN-10: 1515323188)**

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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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# Introduction

Thank you for taking an interest in my book, and take a moment to thank yourself for actively committing to feeling your best. Whether your interest in learning more about an anti-inflammatory diet comes from a medical condition you are experiencing, weight management, and/or simply wanting to achieve optimal health, this is an excellent place to start.

My name is Kira, and whatever your motivation is for embarking on this journey, I understand and am excited to help. Many years ago in my early twenties, I found myself in a place, both physically and emotionally, where I knew I had to make some serious changes. A slew of GI issues (bloating, gas, stomach pain, food sensitivities), insomnia, irritability and depression were slowly but surely becoming a more common occurrence in my daily life. I tried combating these symptoms with what I thought to be healthy food choices, but with little improvement.

Moreover, a few years ago my son was diagnosed with celiac (also called celiac sprue) disease and, while the diagnosis came as a bit of a shock, I am glad to finally have an answer to my son's health problems. When my son was diagnosed I made the decision to not only provide him with the gluten-free diet he needed, but to create a

healthy lifestyle for myself and my entire family. I committed myself to learning everything I could about healthy nutrition. I studied a Paleo Diet, an Alkaline Diet as well as vegan and vegetarian diets. I began noticing patterns between all those diets and I realized my bad nutritional habits. We have never really been a fast food family, but I am ashamed to admit that frozen dinners and take-out appeared on our weekly menu more often than they should have. Now, however, I am committed to cooking for my family several times a week and we have all made the switch to the anti-inflammatory diet for the benefit of my family.

I attended all the workshops and courses I could and I read all health and nutrition articles I could find. Finally, a friend of mine told me about a small naturopathy workshop in her town. I attended it and it changed my life. That is when I discovered the terms “inflammation” and “anti-inflammatory.” Thus began my personal journey to health and wellness, and a few years later I found myself studying to become a certified Holistic Nutrition Consultant. Now I am thrilled to help you find your own path to optimal health!

Remember, this path often doesn't look the same for everyone, so let's start with a look at what inflammation actually is.

# Free Complimentary Recipe eBook

Thank you so much for taking an interest in my work!

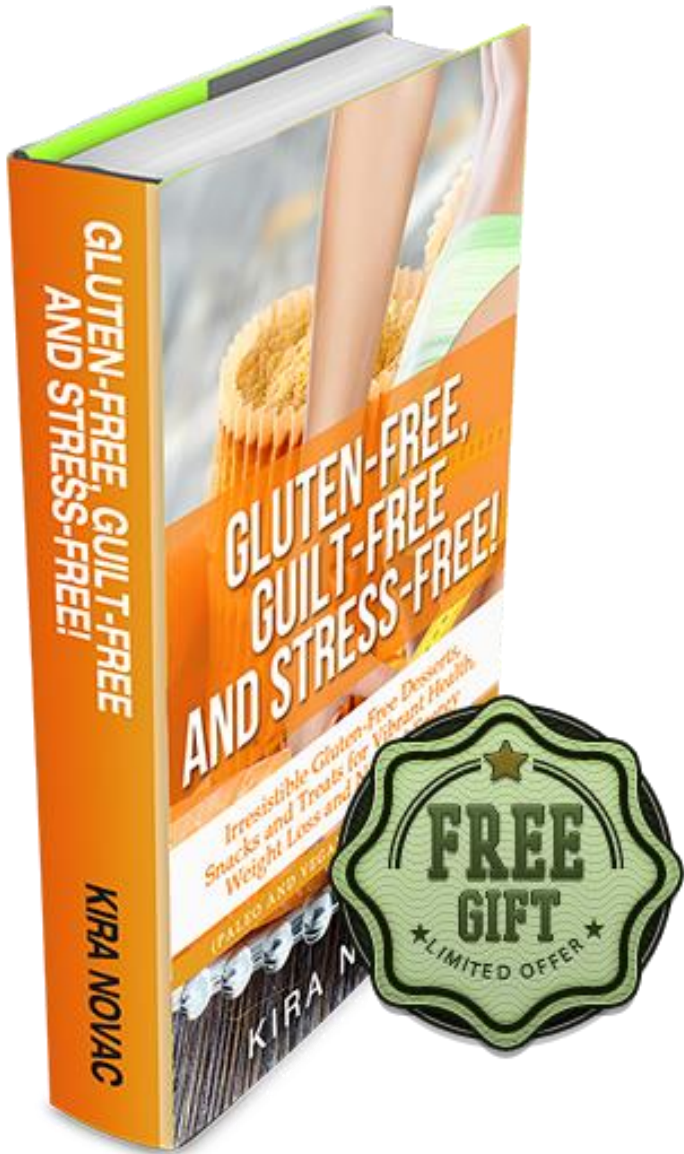
As a thank you, I would love to offer you a free complimentary recipe eBook to help you achieve vibrant health. It will teach you how to prepare amazingly tasty and healthy gluten-free treats so that you never feel deprived or bored again!

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# Part I: About the Anti-Inflammatory Diet

## *Chapter 1: What Is Inflammation?*

Before thinking about which changes you can make to eat a more anti-inflammatory diet, it is critical to really understand what inflammation is and how our body reacts. You've surely heard the word 'inflammation' many times, so let's take a closer look at what this means both on a base level, as well as symptomatically. Keep in mind, most conditions/disease have their root cause in *systemic inflammation!*

Disease (think: dis-ease) is a sign of some sort of imbalance in the body. When our internal homeostasis is disrupted somehow, various symptoms and disease can ensue. This sort of disruption can be caused by a wide variety of both physical and psychological (mental/emotional) factors (remember that stress-disease connection). On the physical end of things, disease is often a result of nutrient deficiencies in the body due to a poor diet, toxic exposure (foods and other environmental toxins), poor nutrient absorption,