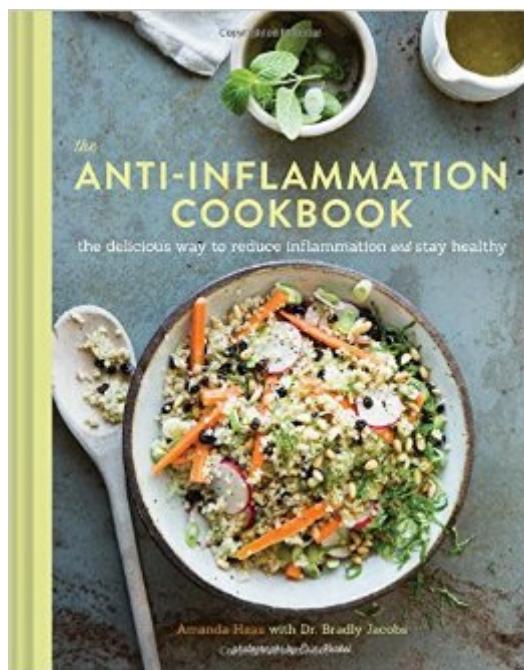


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# The Anti-Inflammation Cookbook: The Delicious Way To Reduce Inflammation And Stay Healthy



## Synopsis

Recent research reveals that inflammation has a negative impact on general wellness and can worsen many common health conditions, including migraines, diabetes, heart disease, weight gain, arthritis, and gastrointestinal disorders. The good news? Eating certain foods and avoiding others can be a highly effective way to diminish and manage inflammation. In *The Anti-Inflammation Cookbook*, professional cook and inflammation sufferer Amanda Haas joins forces with Dr. Bradly Jacobs to explain which foods are beneficial and why and to share 65 delicious, simple inflammation-busting recipes. Sometimes good food can be the best medicine.

## Book Information

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Average Customer Review: 4.4 out of 5 starsÂ  See all reviewsÂ  (51 customer reviews)

Best Sellers Rank: #17,853 in Books (See Top 100 in Books) #6 inÂ  Books > Cookbooks, Food & Wine > Special Diet > Cancer #12 inÂ  Books > Cookbooks, Food & Wine > Cooking Methods > Organic #15 inÂ  Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy

## Customer Reviews

First, the good--a nice collection of flavorful recipes, which are (mostly) simple and quick to prepare and which rely on fresh, healthful ingredients. A variety of ethnic cuisines are represented in the collection, from Country Captain (American South) to Breakfast Bibimbap (Korean) to Mexican and so on. The author's style is conversational and accessible; the recipes are well presented and the copy is easy to read. Good information is given on efficient meal planning, and this cookbook will allow a cook of any level to expand his or her repertoire with a minimum of effort and good results. The caveats: While the book does give some sound fundamentals on nutrition (avoid processed food, e.g.), a lot of what is presented is not well supported by science. This is not necessarily the fault of the author--nutrition is still an under-researched and often poorly understood science, and recent research (Cell, Nov. 19) suggests that individual reactions may vary greatly to identical foods, making accurate and reproducible research even harder. Plus nutritional trends

come and go (low-fat! no-carb! Oat bran! Hypoglycemia! Probiotics!) and information tends to snowball and take on a life of its own, whether there is clinical data to support it or not. A great deal of the advice given in the book is anecdotal, unique to the author and in some cases some of her friends and family. But what is true for her may not be true for every reader. The Arthritis Foundation's guidelines on an anti-inflammation diet, for example does not mention omitting gluten. But because the author is gluten-sensitive, none of the recipes in the book contain gluten. Ditto dairy.

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