



The Complete Idiot's Guide to the Anti-Inflammation Diet

Christopher P. Cannon, Elizabeth Vierck

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New research shows that abnormal inflammation may be linked to a variety of diseases and conditions. In this book, you will find what diseases and conditions are caused by inflammation, which foods reduce inflammation and which foods contribute to inflammation, and how to tweak today's diets to make them anti-inflammatory.

- Over 60 million Americans suffer from cardiovascular disease and over 20 million Americans suffer from asthma - two conditions thought too be affected, if not caused, by inflammation
- Many **Newsweek** articles have been dedicated to this topic, including "Quieting a Body's Defenses," by Anne Underwood, in 2005
- **New York Times** best-selling author Andrew Weil dedicated a portion of his new book, **Healthy Aging**, to a discussion of inflammation, its role in diseases, and the use of diet to control it

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