



# The Anti-Inflammation Diet and Recipe Book, Second Edition: Protect Yourself and Your Family from Heart Disease, Arthritis, Diabetes, Allergies, —and More

By Jessica K. Black N.D.

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The connection between inflammation and heart disease, arthritis, and other chronic ailments has become increasingly clear. Many food allergies and poor dietary choices over stimulate the immune system and cause inflammatory responses that erode the body's wellness and pave the path for ill health. Based on her naturopathic practice, Jessica Black has devised a complete program for how to eat and cook to minimize and even prevent inflammation and its consequences. The first part of the book explains the benefits of the anti-inflammatory diet with an accessible discussion of the science behind it. The second half contains 108 recipes. The author offers many substitution suggestions and includes a healthy ingredient tip with each recipe. Most of the dishes can be prepared quickly and easily by even novice cooks. A week of sample menus for summer months and another for winter are included, as well as a substitutions chart, allowing readers to modify their favorite recipes to increase their healing potential. This second edition includes a new introduction from the author, as well as brand new and revised recipes.

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## **Editorial Review**

### **About the Author**

Jessica Black co-founded and runs a primary care center, A Family Healing Center, which has become a residency site associated with the National College of Naturopathic Medicine. Dr. Black specializes in women's medicine, including natural hormone balancing for menopause and childhood wellness, including chronic asthma and acute and chronic illness in children. In 2010, she co-authored *Living with Crohn's and Colitis: A Comprehensive Naturopathic Guide for Complete Digestive Wellness* with Dede Cummings. In 2010, Dr. Black also acted as the naturopathic advisor for MamaBaby Haiti, a non-profit organization that provides birthing and pediatric care to the people of Haiti. She continues to share her passion for health through writing and, in 2012, published the follow-up to the first edition of *The Anti-Inflammation Diet and Recipe Book, More Anti-Inflammation Diet Tips and Recipes*.

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#### **Maria Gomez:**

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