



Anti-Inflammatory Recipes: The Ultimate Guide

Jackie Swansen

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*** The Ultimate Anti-Inflammatory Recipes Guide ***

Your body uses inflammation as a natural defense mechanism against environmental toxins and stress. Foods containing hydrogenated fats and sugars increase inflammation in the body, which leads to overactivity of the immune system. According to a 2004 study reported in the American Journal of Clinical Nutrition, trans fatty acid consumption increases inflammation, damages health and has a strong relationship to heart disease. The addition of anti-inflammatory foods to your diet, reduces inflammation, lowers your risk of heart disease, stroke and cancer and may provide benefits for conditions such as osteoporosis, age-related memory loss and macular degeneration. We have collected the best anti inflammatory recipes from around the world. Enjoy!

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