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customize the anti-inflammatory diet to best suit their needs. Many food removed from the diet for 2-3 weeks, until symptoms of inflammation have reduced,.

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Anti-Inflammation Diet for Dummies is written by Dr. Artemis Morris, a naturopathic physician and nutrition instructor and Molly Rossiter,

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### **How adjustments in diet can reduce inflammation | wrvo public media**

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### **Wiley: anti-inflammation diet for dummies - artemis morris, molly**

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I know what you are thinking: The world really needs a new fad diet, and <http://www.dummies.com/how-to/content/antiinflammation-diet-for->

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“Kid food” and school lunches are getting a makeover with these updated (healthy, gut-friendly and brain-friendly) spins on some of our old childhood favorite

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## **Anti-inflammation diet update and meal plan sample - happy healthy**

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## **The beginner's guide to the autoimmune protocol / ultimate paleo**

By using food as medicine, autoimmune protocol (AIP) followers are able to reduce Avoid non-steroidal anti-inflammatory medications.

## **11 food rules for the ultimate anti-inflammatory diet - mindbodygreen**

Inflammation contributes to many debilitating, chronic illnesses. As a doctor, I recommend my patients follow these 11 key anti-inflammatory diet

## **Exercise and anti inflammation diet to live longer**

Chronic inflammation can be the result of a malfunctioning immune system; it is actually rooted in an unhealthy (inflammatory) diet and lack of

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Creator: Morris, Artemis. Rossiter, Molly. Publisher: Hoboken, N.J. : John Wiley & Sons, c2011. Format: Books. Physical Description: xxii, 358 p. :ill. ;24 cm.

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