



The Anti-Inflammation Cookbook: The Delicious Way to Reduce Inflammation and Stay Healthy

By Amanda Haas, Bradly Jacobs



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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.

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The Anti-Inflammation Cookbook: The Delicious Way to Reduce Inflammation and Stay Healthy By Amanda Haas, Bradly Jacobs Bibliography

- Sales Rank: #18715 in Books
- Brand: imusti
- Published on: 2016-02-02
- Released on: 2016-02-02
- Original language: English
- Number of items: 1
- Dimensions: 9.75" h x 1.00" w x 7.50" l, .0 pounds
- Binding: Hardcover
- 192 pages

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Editorial Review

Review

"*The Anti-Inflammation Cookbook* proves how simple anti-inflammatory eating can be. Dr. Bradly Jacobs takes you through all of the foods that cause inflammation, then the ones that fight it. Amanda Haas follows with delicious recipes that don't require any hard-to-find ingredients. From breakfast to snacks to dinner, Haas makes it easy to start improving your health through food." - Dr. Andrew Weil, founder and director of the Arizona Center for Integrative Medicine and author of bestselling books *Spontaneous Happiness*, *The Healthy Kitchen*, and *Spontaneous Healing*

"This book is incredibly insightful and healthful, yet still full of flavor! (The brownies are to die for!) Not to mention, the images in the book are gorgeous. I can't wait to try more!" -Ayesha Curry, celebrity blogger, mom, wife, and soon-to-be cookbook author

"In her new *Anti-Inflammation Cook book*, Amanda Haas and Dr. Bradly Jacobs walk you through which food scan cause inflammation and the delicious recipes that can get you on the right track. You'll share Amanda's journey to get healthy and feel better. Check out her new book and get healthy this year: you owe it to yourself, your family, and your business. Thank you, Amanda, for writing such an inspirational book. I want to share it with everyone." -Restaurateur and cook book author Tyler Florence

"Amanda manages to create beautiful recipes using the cleanest ingredients that make us feel great. Remarkably, flavor is never sacrificed. I can't wait to share this book with my friends and family." -Michael Mina, Award-Winning Chef and Restaurateur

About the Author

Amanda Haas is the culinary director for Williams-Sonoma. She lives in the San Francisco Bay Area.

Dr. Bradly Jacobs is an integrative medicine physician who is focused on helping people optimize their health, sense of well-being, and vitality. He lives and practices in the San Francisco Bay Area.

Users Review

From reader reviews:

Carmine Adams:

This book untitled *The Anti-Inflammation Cookbook: The Delicious Way to Reduce Inflammation and Stay Healthy* to be one of several books in which best seller in this year, that is because when you read this publication you can get a lot of benefit in it. You will easily to buy that book in the book retail outlet or you can order it by means of online. The publisher in this book sells the e-book too. It makes you quickly to read this book, since you can read this book in your Smartphone. So there is no reason for you to past this guide from your list.

Lillie Levine:

Playing with family within a park, coming to see the coastal world or hanging out with pals is thing that usually you will have done when you have spare time, in that case why you don't try point that really opposite from that. 1 activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love The Anti-Inflammation Cookbook: The Delicious Way to Reduce Inflammation and Stay Healthy, you could enjoy both. It is excellent combination right, you still wish to miss it? What kind of hang-out type is it? Oh can happen its mind hangout guys. What? Still don't have it, oh come on its identified as reading friends.

Lois Hernandez:

The Anti-Inflammation Cookbook: The Delicious Way to Reduce Inflammation and Stay Healthy can be one of your nice books that are good idea. We recommend that straight away because this e-book has good vocabulary that will increase your knowledge in words, easy to understand, bit entertaining but still delivering the information. The copy writer giving his/her effort to place every word into delight arrangement in writing The Anti-Inflammation Cookbook: The Delicious Way to Reduce Inflammation and Stay Healthy however doesn't forget the main position, giving the reader the hottest and based confirm resource facts that maybe you can be one among it. This great information may drawn you into brand new stage of crucial pondering.

Lawrence Gibbs:

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