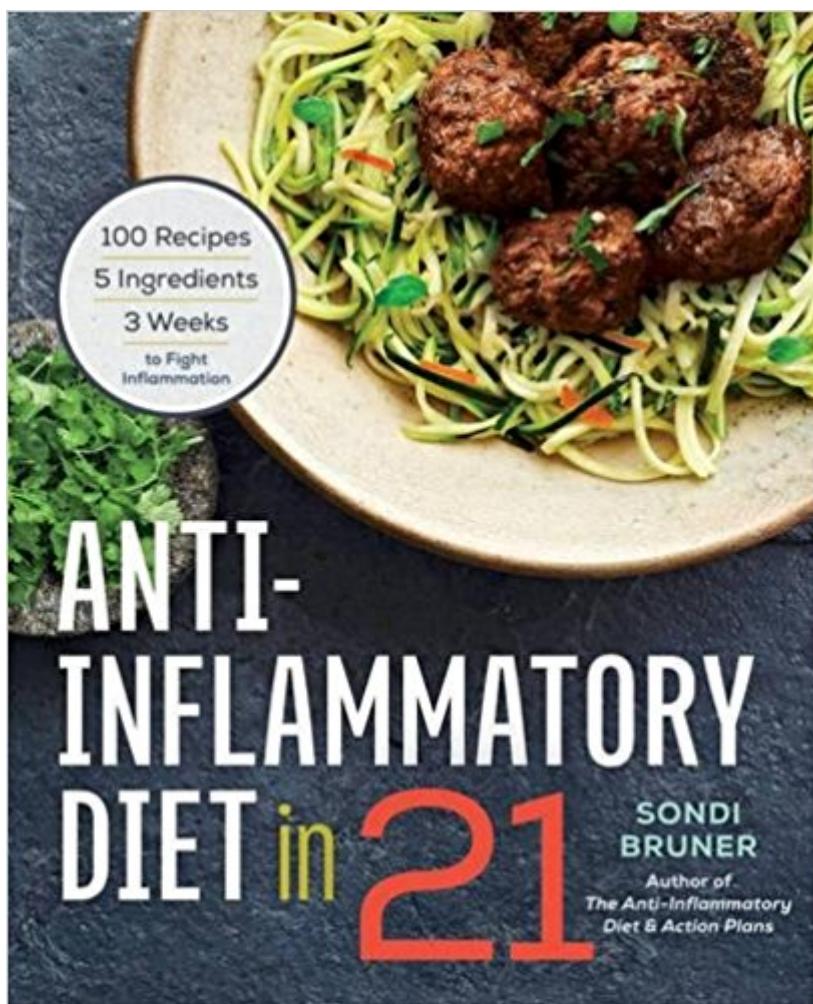


The book was found

Anti-Inflammatory Diet In 21: 100 Recipes, 5 Ingredients, And 3 Weeks To Fight Inflammation



Synopsis

The Life-Changing Anti-Inflammatory Diet and Meal Plan To Restore Your Health With Five Ingredients or FewerHolistic nutritionist Sondi Bruner puts you on the path to good health by showing you how to reduce inflammation by following an anti-inflammatory diet. Keep it simple, satisfying, and healthy with Bruner's five-ingredient, inflammation-fighting recipes. The Anti-Inflammatory Diet in 21 is an indispensable anti-inflammatory diet cookbook and meal plan with one goal: to transition you to a healthier lifestyle that supports your immune system. Discover how an autoimmune diet can be easy, convenient and filled with variety and flavor. The Anti-Inflammatory Diet in 21 preps you, with: Over 100 simple, delicious inflammation-fighting recipes, like Quinoa Flatbread Pizza A 21-day meal plan to eliminate inflammation-causing triggers and reintroduce nourishing foodsRecipe labels for dietary restrictions (vegan, gluten free, soy free, nut free, and more) Lifestyle & dietary tips to promote healthy habits and soothe chronic inflammationThe Anti-Inflammatory Diet in 21 gets you on track to support your health goals, control your inflammation, and still eat foods you enjoy.

Book Information

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Customer Reviews

SONDI BRUNER is a holistic nutritionist, writer, food blogger, and recipe developer who specializes in digestive issues and allergen-friendly diets. She lives in Vancouver, British Columbia, with her husband and baby.

This is the BEST cookbook I have come across for Anti-Inflammatory dieting. Easy, quick, yummy

recipes! If you follow this cookbook and plan you will know in 7 days or less if this is a diet you should follow. My body responded by day two, I lost 8lbs in less than a month just sticking to an Anti-Inflammatory diet (I did not only stick to this cookbook, but anti-inflammatory in general). When I cook from this cookbook, the entire family loves eating the food so no need to cook two meals, additionally I would say the portion size is for 2 people so I do double them often so I have left-overs. This cookbook has an amazing 3 week meal guide to follow that is VERY organized and refers you to the page the recipe is on. It also gives you weekly grocery lists and a list of essential items to keep in your cupboards!

It seems everyone I talk to these days is undertaking some sort of detox diet. If you have been wondering if this is something you should try, this book would be a good place to start. Sondi Bruner gives a great introduction which explains how inflammation helps us heal following an injury. When acute inflammation turns into chronic inflammation, the effects can do serious damage, particularly in the case of autoimmune diseases. She tells us which foods worsen our immune systems and why and also extols the virtues of foods that nourish and heal inflammation. Bruner's book is a guide to undertaking a 3 week elimination diet which removes the inflammatory diets and helps you transition to a healthier lifestyle. The book includes 3 weeks' worth of menu plans, shopping lists, and recipes. Each recipe has no more than 5 ingredients. She includes helpful tips to those of us (each and every one of us?!) with busy lifestyles to help minimize the chances of us being unprepared and therefore likely to sabotage ourselves. This diet is not for the faint-hearted - you will eliminate gluten, dairy, corn, soy, peanuts, caffeine, alcohol, sugar, eggs, feedlot animal products, and artificial and processed foods. If you are wondering what's left, you will be in for a surprise. And what Bruner does with the remaining ingredients may be nothing short of amazing. I can't wait to try the Salmon Mushroom Hash, the Chicken Alfredo with a cauliflower based sauce as well as the Roasted Apricots and Almond Crusted Salmon. The only place I feel the book falls a bit short is in telling us if, when, and how to add foods back in. It seems unrealistic to think this won't happen and it would be helpful if there was a chapter on what happens next. But if you are looking for a easy to read and simple to follow book to get you started, this would be a good choice. I received this book for free in exchange for my honest and unbiased review.

Great plans and fantastic information! Really yummy recipes too!

My new favorite! Sondi is going to be my coach on an upcoming course so I bought the cookbook. I

was so impressed! This is what a useable cookbook should be. Wholesome, real ingredients, a reasonable number of accessible ingredients and easy, well written instructions. I cant wait to cook my way through the book and, even more, working with Sondi for the next few months!

Very good for me and other older peoples!

Has lots of good information and recipes along with meal plans.

The recipes did not help my husband feel better, and the food itself is not tasty at all. She doubles several of the recipes unnecessarily for "leftovers" but you are left with an expensive grocery bill and too much food to possibly eat.

Love recipes

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