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SAFFRON

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COCOA
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EXTRA VIRGIN
OLIVE OIL
AVOCADO OIL

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ALMONDS
CASHEWS
PISTACHIOS
CHIA SEEDS
FLAXSEEDS
PUMPKIN SEEDS
BRAZIL NUTS
HAZELNUTS
MACADAMIA NUTS
PECANS
SUNFLOWER SEEDS
SESAME SEEDS

BROWN RICE
BARLEY
FARRO
MILLET
OATMEAL
QUINOA
WHOLE WHEAT
BUCKWHEAT

SALMON
TUNA
SARDINES
HERRING
COD
TROUT
SHRIMP
MACKEREL

*this is not an all inclusive list of anti-inflammatory foods

How To Anti Inflammatory Diet 2025

AW Chickering



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