

# Week of ANTI-INFLAMMATORY RICH MEALS

## BREAKFAST

- YOGURT OR KEFIR YOGURT WITH HONEY, BERRIES, GRAIN FREE GRANOLA
- BONE BROTH LATTE + 1/2 AVOCADO WITH DICED CUCUMBER & RED ONION
- 2- 3 PALEO EGG WRAPS EACH FILLED WITH SAUERKRAUT OR SALSA
- TURMERIC TEA LATTE WITH OVERNIGHT BLUEBERRY OATMEAL
- FRUIT KVASS WITH TURMERIC SCRAMBLED EGGS
- TURMERIC TEA LATTE WITH CINNAMON ROASTED SQUASH
- CHAI SPICED BANANA SMOOTHIE BOWL
- SAUERKRAUT



## LUNCH

- VEGAN CREAMY ROASTED CAULIFLOWER SOUP WITH PALEO CRACKERS
- NO MAYO CHICKEN SALAD BOWL (KETO)
- DANDAN ZUCCHINI NOODLES CUPS (KETO AND VEGAN OPTION)
- VEGAN SPRING ROLL RECIPE WITH GINGER CURRY DIPPING SAUCE
- MOROCCAN STYLE SALAD WITH CHICKPEAS AND QUINOA
- GREEK CAULIFLOWER SALAD BOWLS



## DINNER

- VEGAN/VEGETARIAN OPTIONS INCLUDED:
- PAN SEARED SALMON WITH AVOCADO GREMOLATA AND VEGGIES
  - CHINESE CAULIFLOWER FRIED RICE CASSEROLE
  - HONEY LIME CILANTRO BAKED SHRIMP WITH STEAMED QUINOA OR CAULIFLOWER RICE
  - TOASTED PINE NUT AND LEEK QUINOA SALAD WITH OPTIONAL PROTEIN
  - ZA'ATAR CHICKEN BOWLS WITH TOMATO AND CUCUMBER RAITA
  - PALEO FAJITA STEAK SOUP WITH HOMEMADE VEGGIE CHIPS



## SNACK/DRINK OPTIONS

- ADD TO MEAL OR ENJOY BY THEMSELVES:
- BONE BROTH LATTE OR BONE BROTH TO SIP ON
  - DARK CHOCOLATE APRICOT BITES
  - DETOXIFYING GREEN SMOOTHIE FOR HEALTHY DIGESTION
  - TURMERIC PINEAPPLE MORNING COCKTAIL



*cotter*  
CRUNCH

# Quick Anti Inflammatory Diet Ideas For Experts

**Lorraine Pascale**



## Quick Anti Inflammatory Diet Ideas For Experts:

**Anti-Inflammatory Diet: Easy 7 Day Meal Plan and Recipes to Eliminate Pain** Mary Walsh,2014-09-14 Help Improve Your Health and Fight Diseases Live Life To The Fullest Don t let Inflammation strike Inflammation is a silent killer where most killer diseases root from Don t act when it s too late Act now Improve your lifestyle and diet with a healthy meal plan to prevent unwanted inflammation In this book you get a sampler meal plan recipes and more Here is a list of what you can gain An overview of the anti inflammatory diet Inflammation health information Anti Inflammatory dietary tips Your 7 day anti inflammatory meal plan Anti Inflammatory Recipes We made it simple for you and packed it in a book to help you start living a life free from radicals and diseases *The Easy Anti-Inflammatory Diet* Karen Frazier,2017-07-18 Help relieve chronic inflammation with quick easy recipes Learn to help ease inflammation with the right foods The Easy Anti Inflammatory Diet cookbook makes it simple with tempting recipes that come together quickly and are built around wholesome soothing ingredients Comprehensive guidance Learn the basics of how inflammation works in your body and how the anti inflammatory diet can help Plenty of options Try out more than 90 straightforward low effort dishes that only require five main ingredients and 30 minutes to make The anti inflammatory ingredients master list Find out which 15 ingredients are most effective at fighting inflammation and which ones to avoid Bonus time saving tips Learn how to plan meals in advance batch prep ingredients get creative with leftovers and more Find relief from inflammation with an anti inflammatory diet guide that makes it simple to change your habits and your health **The Quick & Easy Anti-Inflammation Cookbook** Lizzy McFields,2024-12-16 Tired of feeling sluggish achy and out of balance The right foods can be your most powerful ally Discover how simple flavorful meals can help you reduce inflammation boost energy and reclaim your health all while enjoying every bite Chronic inflammation is often the hidden cause of fatigue weight gain and discomfort This guide offers 101 quick and easy recipes that fit into your busy life A structured 60 day meal plan for effortless progress Simple nutrient focused meals that satisfy and heal From hearty breakfasts to savory dinners and guilt free snacks you ll find everything you need to eat well without stress or confusion Picture this waking up refreshed free from nagging pain and feeling light and energized every day With recipes like Gingered Salmon Maple Cinnamon Granola and Coconut Rice with Berries you ll discover how tasty natural ingredients can support your body and leave you feeling incredible Perfect for anyone who wants to feel better without giving up flavor Family friendly dishes with simple wholesome ingredients A proven approach to reducing inflammation and boosting overall health Take the first step toward a healthier more vibrant you Grab your copy now and enjoy meals that are as good for your body as they are for your taste buds *The Easy Anti-Inflammatory Cookbook* Molly Thompson,2022-12-06 Manage inflammation naturally with 100 simple recipes Inflammatory reactions can have a debilitating effect on your daily life Over time inflammation can harm your organ functions your energy levels and your cognitive abilities but most inflammation can be healed The Easy Anti Inflammatory Cookbook adapted from Molly

Thompson's *The Anti Inflammatory Diet Made Simple* is a collection of easy to make recipes with simple ingredients based on foods that are scientifically proven to reduce inflammation naturally. The right food choices can return your body function to its most efficient and ultimately eliminate symptoms associated with inflammatory disorders including digestive issues, leaky gut, bloating, gas, irritable bowel syndrome, IBS, constipation, headaches, hormone imbalances, irregular cycles, polycystic ovarian syndrome, PCOS, autoimmune diseases, Hashimoto's disease, rheumatoid arthritis, skin issues, acne, psoriasis, eczema, mood disorders, anxiety, depression, trouble sleeping, and trouble losing weight. Delicious and ranging from snacks to dinners, the recipes included offer something for everyone and introduce the staples of anti-inflammatory eating. Alongside the recipes are details on why the foods included work. You can mix and match your own ingredients for custom meals that offer the power of inflammation fighting leafy greens, fermented foods, and healthy fats high in Omega 3. Bring relief to your plate with delicious recipes like Double Chocolate Banana Muffins, Sweet Potato Waffle Breakfast Sandwich, Blackened Chicken Tacos with Cilantro Lime Rice, Chipotle Shrimp and Grits, Kale Chorizo Artichoke Dip, Turkey Sage Swedish Meatballs with Creamy Spinach Gravy, Roasted Carrot and Lentil Salad with Tahini Dressing, Golden Turmeric Honey Latte. With the inflammation fighting foods featured in these beginner friendly recipes, you can boost lifelong health, reduce inflammation, ease chronic pain, gain more energy, improve concentration, eliminate headaches and skin conditions, slow the aging process, and enjoy easy meal planning including meal plans, shopping lists, and substitution variations. Simple, delicious, and hearty recipes featuring accessible and affordable ingredients. Anti-inflammatory know-how with lists and details on the ins and outs of anti-inflammatory eating.

[Anti Inflammatory Diet Cookbook For Women Over 60](#) Lolita Campbell, Are you ready to take control of your health and feel your best at every stage of life? With the *Anti Inflammatory Diet Cookbook for Women Over 60*, you'll discover how simple and enjoyable it can be to eat in a way that supports your body's natural healing and energy. Say goodbye to the confusion of complicated diets and restrictive plans. Instead, embrace delicious, nourishing meals that help reduce inflammation and enhance your overall wellbeing. This cookbook is designed to be your ultimate guide to better health. Packed with over 130 mouthwatering recipes, it offers straightforward, step-by-step instructions that make cooking approachable for everyone, even if you're starting. Each recipe is designed to make you feel confident in the kitchen and comes with Key Features of *The Anti Inflammatory Diet Cookbook for Women Over 60*: Over 130 Delicious Recipes, A wide variety of anti-inflammatory recipes that support your overall health from easy weeknight meals to unique dishes. Each recipe includes clear, step-by-step instructions to make cooking approachable for all skill levels. Nutritional Anti Inflammatory Benefits: Every recipe includes detailed nutritional content and clear explanations of how the ingredients reduce inflammation, enhance energy, and promote wellbeing. Comprehensive 21 Day Meal Plan: A simple, structured 21-day meal plan to help you easily transition to an anti-inflammatory diet. It's designed to support joint health, heart health, and overall vitality with balanced, nutrient-packed meals. Meal Prep Tips, Time Saving Strategies: Practical advice for meal prepping so

you can cook in batches and enjoy healthy meals throughout the week without feeling overwhelmed or spending too much time in the kitchen

**Incorporating Anti Inflammatory Supplements** Expert recommendations on which supplements to consider and how to incorporate them into your routine to fill any nutritional gaps and support your health goals

**Bonus Recipe Journal** A dedicated space to track your culinary creations experiment with new dishes and record your anti inflammatory journey

**This journal encourages exploration and helps you stay motivated**

**Anti Inflammatory Grocery Food List** A comprehensive list of anti inflammatory foods and pantry staples to help you shop confidently

**This guide will make stocking your kitchen easy ensuring you always have the ingredients to create healing nourishing meals**

**User Friendly Accessible** Designed with simplicity this cookbook makes healthy cooking easy and enjoyable even for beginners or those new to the anti inflammatory lifestyle

**Supports Long Term Health Vitality** The recipes and meal plans are designed to help you feel better inside and out

**Reducing inflammation will improve your energy levels manage chronic pain and embrace a more vibrant life**

**With the Anti Inflammatory Diet Cookbook for Women Over 60 you ll receive tools and guidance to make healthier eating part of your daily life including**

**This cookbook is more than a collection of recipes it s a tool to help you reclaim your health find joy in cooking and create meals that taste great and make you feel fantastic**

**Let this cookbook be the guide that simplifies your transition to an anti inflammatory lifestyle**

**It s not just about food it s about embracing a new lifestyle that supports your energy health and vitality**

**Get your copy of the Anti Inflammatory Diet Cookbook for Women Over 60 today and begin your culinary journey toward better health**

**Your body and mind will thank you**

**Nutrition Guide for Physicians and Related Healthcare Professions** Ted Wilson, Norman J. Temple, George A. Bray, 2022-01-03

This fully updated and expanded third edition is a reference guide on nutrition and its clinical implications for health and disease through the life cycle

The book endeavors to address the needs of those who would most benefit from up to date information on recent advances in the field of nutrition

Written by experts in the field chapters cover a diverse range of nutritional areas that present a succinct overview of recent thinking and discoveries that have the greatest capacity to aid physicians and other healthcare professionals in improving the nutritional health of their clients

The text is divided into eight parts

Part one and two address the nutrient requirements and special nutrition related issues for people across all stages of the lifespan from pregnancy and infancy through the adolescent years to the older adult years

Part three summarizes the role of nutrition in the prevention and management of chronic conditions frequently seen in clinical practice including obesity diabetes bone disorders coronary heart disease hypertension and cancer

Part four describes different dietary patterns the Mediterranean diet the DASH diet the vegetarian diet and the ketogenic diet

Part five describes nutrition challenges specific to surgery and several different acute diseases and disorders gastrointestinal disorders food allergy and intolerance diseases of the liver and pancreas kidney disease eating disorders bariatric surgery sarcopenia and drug interactions with food

Part six looks at different aspects of the diet coffee tea dietary fat dietary sugars energy drinks alcohol dietary fiber vitamins minerals and the

gut microbiome Part seven examines a range of factors that influence dietary health decisions creating nutritional behavior change methods for assessing nutritional status Dietary Reference Intakes an overview of the diet and food guides food labels and sources of nutrients Finally part eight looks at dietary supplements including the problem of dishonest marketing and false and misleading information in the area of nutrition The growing nutritional impact of COVID 19 is discussed throughout the book where appropriate Nutrition Guide for Physicians and Related Healthcare Professions Third Edition serves as a comprehensive guide that is organized by age lifespan nutrition therapy in relation to chronic disease and COVID diet and its role in prevention dietary requirements and recommendations and influencing health decisions for the patient It is a valuable resource of practical and easy to access information on nutrition for physicians nurses pharmacists and others in their daily practice

**The Complete Anti-Inflammatory Diet for Beginners** Sarah Maurer,2020-08-20 If you are suffering from chronic pain lethargy joint pain stiffness or constipation your body may be inflamed The effects of inflammation on our body can be deadly but luckily you have the ability to take control of your health and this cookbook will show you how It doesn't matter if you're young or old if you start following the anti-inflammatory diet today as you change your lifestyle you will increase your longevity and quality of life Here's what The Complete Anti Inflammatory Diet Cookbook will teach you What inflammation is and how it is silently stealing your years How the standard American diet is contributing to the population's health issues How to treat inflammation without drinking medication that causes harm in the long term The benefits of eating foods high in antioxidants Seven tips to successfully stick to the anti-inflammatory diet Some of my favorite recipes that I've personally adapted to the anti-inflammatory diet and loads more With just a few simple diet changes you will get your spark back The anti-inflammatory diet will even reverse some age-related ailments taking years off and rejuvenating your appearance Buy your copy of this book today

**Eating Well Made Easy: Deliciously healthy recipes for everyone, every day** Lorraine Pascale,2015-08-27 It's everyone's meal time dilemma how to cook quick easy tasty meals that are also good for you Bestselling TV chef Lorraine Pascale's brilliant new book Eating Well Made Easy shows you how The Everything Easy Low-FODMAP Diet Cookbook Colleen Francioli,2026-01-27 Manage your digestive issues identify food triggers and improve your overall gut health with these 175 easy and satisfying low FODMAP recipes From reducing bloating and gas to improving bowel movements and overall gut health the low FODMAP diet can be a lifesaver for people dealing with digestive issues including IBS Yet its strict elimination and slow reintroduction process can be difficult without guidance which is exactly where The Everything Easy Low FODMAP Diet Cookbook comes in This book is here to help you create gut friendly meals that are right for you you'll learn how to manage the eliminate phase the best strategies for reintroducing different foods and how to best customize the diet to suit your needs You'll also find delicious low FODMAP recipes for every meal of the day including Pumpkin Spice Crepes that make a delicious breakfast Pork Chops with Carrots and Toasted Buckwheat that make the perfect main dish for dinnertime A Mixed Berry Cobbler that's the perfect dessert to wrap up any

meal And many more With flexible meal plans 175 easy and delicious recipes and all the advice you ll need to get started you ll have everything you need to create delicious low FODMAP meals that will help you manage your digestive issues and feel your best

**Anti-Inflammatory Diet Meal Prep Cookbook for Beginners** Segin Pukey,2021-05-18 Prep friendly foods that make it simple to stick with an anti inflammatory diet Discover an effective and delicious way to reduce inflammation The Anti Inflammatory Meal Prep Cookbook provides you with 600 days of tasty recipes designed to be prepared ahead of time From breakfast and meat to dressings and desserts the Anti Inflammatory Meal Prep Cookbook guides to maintaining your anti inflammatory diet makes it possible to eat right at every meal no matter how busy you are You ll find expert advice on fighting inflammation as well as tips to make meal prep fast and easy This comprehensive anti inflammatory cookbook features A 3 week meal plan Embrace your new anti inflammatory diet with 3 week of fully planned meals that help ease you into a simple meal prep routine All in one guide Every week s meal prep includes the recipes for the week a shopping list of ingredients and clear instructions for cooking and prepping A focus on nutrition Know exactly what you re feeding your family with recipes that include detailed nutritional information and serving sizes Discover how the complete Anti Inflammatory Meal Prep Cookbook can help you eat better and feel better every day *Quick Access Professional Guide to Conditions, Herbs & Supplements* Integrative Medicine Communications,2000 An indispensable source of information that covers both conventional and complementary treatment regimens Herb monograms give data on the uses dosages and safety of 36 popular herbs Supplement monograms provide clinical information on 44 vitamins minerals trace elements and amino acids The guide gives practical guidelines on both conventional and complementary approaches to 100 common conditions

**Instant Pot Miracle Mediterranean Diet Cookbook** Urvashi Pitre,2022-12-13 The newest in the bestselling Instant Pot Miracle series Instant Pot Miracle Mediterranean Diet Cookbook teaches you how to follow one of the world s healthiest and most recommended diets on the planet with 100 delicious recipes designed for the Instant Pot Authorized by Instant Brands After years of following a strict Keto diet Urvashi Pitre found that Keto was not only no longer helping her achieve her weight goals it was also negatively impacting her rheumatoid arthritis Her quest for a scientifically backed anti inflammatory way of eating led her to the Mediterranean Diet Not only did the change significantly reduce her swelling and discomfort but she was back to enjoying bread grains and fruit which she hadn t had in years Urvashi was feeling better than ever all while eating foods that were restricted on prior diets Now she shares those recipes that worked for her all with the help of the Instant Pot to reduce cooking times and cleanup She uses the principles of the Mediterranean way of eating and applies them to foods and flavors from across the world Focusing on hearty whole grains fresh fruits and vegetables healthy fats and meat in moderation this diet is heart healthy and sure to leave you satisfied Urvashi s recipes are known for being foolproof so you can trust that your meal will come out perfectly every time With tasty flavors and satisfying ingredients Instant Pot Miracle Mediterranean Diet Cookbook will be your go to for healthy meals any day of the week Recipes include

Sicilian Eggplant Caponata Hearty Tortellini Soup Greek Green Beans with Chicken Fassolakia Salmon Pesto with Spinach Butternut Chickpea Stew Farro Risotto with Goat Cheese Apple and Quinoa Porridge Rice Milk Horchata Easy Garlic Naan

**The Quick and Easy Way to Healing Foods** Colton, Kitty Colton, 2002-05      **Detox for Women** Natalia

Rose, 2009-04-07 Women long for the kind of beauty and health that can only come with clean cells Yet many women find detox plans difficult to follow and are disappointed with the results In her ten years of working privately with celebrity clients at leading Manhattan spas Natalia Rose has discovered that traditional detox plans don't work for adult women because their microbial balance is completely out of whack In fact doing the wrong kind of detox can make their symptoms even worse Here is the solution Rose has formulated a very specific detox prescription for women that is easy to follow and gentle on the system yet yields fantastic results that are both immediate and lasting In Detox for Women she brings you her powerful step by step plan that will help you shed weight look years younger and radiate energy in only 28 days Like Rose's celebrity clients you will love this plan Rose steers readers away from traditional detox fare like fruit and nuts and cautions against eating too much raw food too soon And while many detox programs do not allow you to eat at all during the next 28 days you will enjoy Cooked foods that are easy to digest Treats like dark chocolate and wine Recipes that hark back to favorite foods like pumpkin pie and guacamole Sunshine for Breakfast Rose's own elixir for health and beauty Great restaurants this plan can even be tailored for eating out You will also luxuriate in relaxing baths get plenty of fresh air and enjoy meals that are simple to prepare beautiful to look at and delicious to eat Like Rose's clients you will probably also find that this way of living is so easy and rewarding that you will even want to make permanent changes after the 28 days are over With inspiring stories from real women Natalia Rose doesn't just give you a detox prescription but also real hope for the kind of transformation you have always wanted      [Anti-Inflammatory Diet for Beginners](#) Melissa Wagner, 2019-06-25 Get More Energy Lose Weight Banish Brain Fog 500 Anti Inflammatory Diet Cookbook that feature recipes with affordable ingredients that are high in antioxidants monounsaturated fats and omega 3 fatty acids with minimal prep time and hundreds of useful tips all of which reportedly help reduce inflammation Over 90 percent of the population suffers from inflammation or an autoimmune disorder Reducing inflammation may help a person feel more comfortable by alleviating some symptoms of inflammation Hope this book will help to reduce that number including you This cookbook offers relatable and straightforward simple affordable yet delicious recipes and meal plans With The Complete Anti Inflammatory Diet for Beginners you'll enjoy 50 Warm and Satisfying Breakfast Recipes 50 Easy and Seriously Tasty Lunch Recipes that will make you feel great 50 Mouthwatering inflammation fighting Dinner Recipes to Help Kick Inflammation to the Curb 50 Quick anti Inflammatory diet Snacks Recipes Your Gut Will Thank You For 50 Exclusive Meat Recipes That Will Knock You off 40 Tempting anti Inflammatory diet Side dishes that will make your meal taste amazing 20 Easy and Delicious anti Inflammatory diet Desserts recipes 50 Easy Anti Inflammatory Chicken Recipes You Should Make For Weight Loss 100 Sea Food Salads

Soups Stews Smoothies Vegan and many more Flexible anti inflammatory diet plans to fit your needs and tastes including choices for Vegan Paleo Mediterranean and Time Saving diets Knowledgeable guidance from food writer and healthy eating expert Helpful food lists and nutritional information will help you make smart food choices and stick to your anti inflammatory diet Anti inflammatory diets promote a reduction in inflammation A person may be able to reduce their body s inflammatory response by implementing these healthful dietary changes Prepare to cook your way toward better health with Anti Inflammatory Diet for Beginners your personalized anti inflammatory diet is waiting If you purchase the paperback version of this book you will get the kindle version for free See you inside *The Complete Anti-Inflammatory Diet for Beginners* Elvia Rayfield,2020-11-28 800 Easy Healthy Anti Inflammatory Diet Recipes to Simplify Your Healing Transitioning to an anti inflammatory diet doesn t have to be complicated expensive or boring From pasta and salads to dressings and desserts this guide to maintaining your anti inflammatory diet makes it possible to eat right at every meal no matter how busy you are You ll find expert advice on fighting inflammation as well as tips to make meal prep fast and easy This Cookbook will give you Beginner friendly info Lay the foundation for a lifetime of health and vitality with anti inflammatory diet basics foods to eat and avoid and how to stock your kitchen 800 satisfying recipes for Breakfast Lunch Dinner and More Symptoms of Inflammation And much more Help manage and control your symptoms with the help of these anti inflammatory recipes Click Buy Now to purchase this book [The Complete Anti-Inflammatory Diet for Beginners](#) Dorothy Calimeris,Lulu Cook RDN,2017-04-11 The no stress guide to boosting energy and relieving pain with the anti inflammatory diet It s possible to reverse chronic inflammation and improve overall health through simple dietary changes and *The Complete Anti Inflammatory Diet for Beginners* breaks the process down into simple actionable steps that anyone can take starting today With easy recipes and weekly shopping lists this essential anti inflammatory diet cookbook makes it easy for you to start and follow an anti inflammatory diet that can help you strengthen your immune system relieve pain ease healing and feel more satisfied and energized every day Learn the basics of an anti inflammatory diet Find guidelines from a registered dietician including an anti inflammatory foods list that covers which foods can soothe inflammation and which ones to avoid Easy meal prep and planning A 2 week meal plan takes you through exactly what to cook and eat for every meal as you get started so there s no stress or guesswork Quick and tasty cooking Beyond the meal plan you ll find plenty of healthy recipes to try most of which only require about 5 main ingredients from roast chicken with a side of white beans to a hearty lentil and beet salad Eat and live better with *The Complete Anti Inflammatory Diet for Beginners* *The 21-Day Meal Plan Anti-Inflammatory Diet* Al White,2020-01-05 Eat smarter and control inflammation An anti inflammatory diet consists of food that reduces the response of inflammation in the body This diet involves replacing sugary refined foods with whole nutrient rich foods The easy to follow scientifically proven plan reverses and prevents disease causes weight loss increases energy and can delay the signs of aging without pain It can be as simple as knowing the basics Olive oil protects your heart Fungi fight free radicals

Ginger can fight rheumatoid arthritis Why live with chronic pain when the remedy can be as simple as changing the food you eat Diets rich in processed fatty and sugary foods are the main cause of chronic inflammation which wreaks havoc on your body and contributes to heart disease diabetes Alzheimer s and even cancer I m now providing the most complete meal plan and cookbook to fight inflammation through the power of food and nutrition With this anti inflammatory diet and action plans inflammation will be reduced naturally and cure the conditions that often occur as a result This includes arthritis autoimmune conditions food allergies gastrointestinal problems and more Your personalized anti inflammatory diet is waiting Prepare to cook for better health with the anti inflammatory diet and action plans Within this amazing book the Al White nutrition expert shows you how to Identify inflammatory foods Add foods that fight inflammation to any diet Create an anti inflammatory plan that you can maintain Bring the whole family on board Give your immune system a hand and discover the difference this anti inflammatory diet can change you emotionally and physically Most important this is easy and super healthy Get your copy and start your perfect diet as soon as possible *Ordinary Ailments, Extraordinary Cures* Frank K. Wood,2004 Eat and Heal Frank W. Cawood and Associates,2004 Describes the building blocks of nutrition and offers advice on foods to eat and avoid for specific health problems and diseases

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