

Control Inflammation with Food

Anti-Inflammatory EAT MORE



Green leafy vegetables

Cruciferous vegetables



Colorful fruits

Colorful veggies



Nuts and Seeds

Fatty fish



Beans and lentils

Pro-Inflammatory EAT LESS



Refined carbohydrates

Full-fat dairy products



Fried or ultra-processed foods

Sugar-sweetened beverages



Red and processed meat

Excess alcohol



Solid fats

Pro Anti Inflammatory Diet Explained For Creators

RM Cervero



Pro Anti Inflammatory Diet Explained For Creators:

Uncover the mysteries within Crafted by is enigmatic creation, Embark on a Mystery with **Pro Anti Inflammatory Diet Explained For Creators** . This downloadable ebook, shrouded in suspense, is available in a PDF format (*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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