

— THE 10 BEST — ANTI-INFLAMMATORY FOODS



**COLD-WATER
FATTY FISH**



**GRASS-FED &
WILD GAME MEATS**



**TURMERIC
ROOT**



GINGER



LEAFY GREENS



HOT PEPPERS



BLUEBERRIES



BEETS



PINEAPPLE



BROCCOLI

Top Anti Inflammatory Diet Ideas For Workers 28026

Mark Steyvers



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