

# — 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**

# Expert Anti Inflammatory Diet Usa For Workers

**Jicheng Xie**



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