


## The Anti-Inflammation Cookbook: The Delicious Way to Reduce Inflammation and Stay Healthy

By Amanda Haas, Bradly Jacobs

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Recent research reveals that inflammation has a negative impact on general wellness and can worsen many common health conditions, including migraines, diabetes, heart disease, weight gain, arthritis, and gastrointestinal disorders. The good news? Eating certain foods and avoiding others can be a highly effective way to diminish and manage inflammation. In *The Anti-Inflammation Cookbook*, professional cook and inflammation sufferer Amanda Haas joins forces with Dr. Bradly Jacobs to explain which foods are beneficial and why and to share 65 delicious, simple inflammation-busting recipes. Sometimes good food can be the best medicine.

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**The Anti-Inflammation Cookbook: The Delicious Way to Reduce Inflammation and Stay Healthy** By Amanda Haas, Bradly Jacobs Bibliography

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### Editorial Review

#### Review

"*The Anti-Inflammation Cookbook* proves how simple anti-inflammatory eating can be. Dr. Bradly Jacobs takes you through all of the foods that cause inflammation, then the ones that fight it. Amanda Haas follows with delicious recipes that don't require any hard-to-find ingredients. From breakfast to snacks to dinner, Haas makes it easy to start improving your health through food." - Dr. Andrew Weil, founder and director of the Arizona Center for Integrative Medicine and author of bestselling books *Spontaneous Happiness*, *The Healthy Kitchen*, and *Spontaneous Healing*

"This book is incredibly insightful and healthful, yet still full of flavor! (The brownies are to die for!) Not to mention, the images in the book are gorgeous. I can't wait to try more!" -Ayesha Curry, celebrity blogger, mom, wife, and soon-to-be cookbook author

"In her new *Anti-Inflammation Cook book*, Amanda Haas and Dr. Bradly Jacobs walk you through which food scan cause inflammation and the delicious recipes that can get you on the right track. You'll share Amanda's journey to get healthy and feel better. Check out her new book and get healthy this year: you owe it to yourself, your family, and your business. Thank you, Amanda, for writing such an inspirational book. I want to share it with everyone." -Restaurateur and cook book author Tyler Florence

"Amanda manages to create beautiful recipes using the cleanest ingredients that make us feel great. Remarkably, flavor is never sacrificed. I can't wait to share this book with my friends and family." -Michael Mina, Award-Winning Chef and Restaurateur

#### About the Author

Amanda Haas is the culinary director for Williams-Sonoma. She lives in the San Francisco Bay Area.

Dr. Bradly Jacobs is an integrative medicine physician who is focused on helping people optimize their health, sense of well-being, and vitality. He lives and practices in the San Francisco Bay Area.

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What do you with regards to book? It is not important along? Or just adding material when you really need something to explain what your own problem? How about your free time? Or are you busy man or woman? If you don't have spare time to try and do others business, it is gives you the sense of being bored faster. And you have extra time? What did you do? Everyone has many questions above. They must answer that question due to the fact just their can do that will. It said that about reserve. Book is familiar on every person. Yes, it is correct. Because start from on kindergarten until university need this specific *The Anti-Inflammation Cookbook: The Delicious Way to Reduce Inflammation and Stay Healthy* to read.

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### **Ollie Nadeau:**

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