

# Download Anti Inflammatory Diet Top Anti Inflammatory Diet Recipes For Beginners

My personal favorite recipe is to melt some clarified butter or coconut oil in a pan, add a good amount of tumeric, with pinches of ground clove, mace, nutmeg, cinnamon, cayenne, etc (cocoa powder is a good adjunct, too). Preventing inflammation, and the associated health problems, can be simple when you follow an anti-inflammatory diet. Here are 15 foods to avoid and why! Antioxidant, anti-inflammatory properties of white compared to yellow and purple potatoes. Purple potatoes may also help lower high blood pressure. Made Whole: More Than 145 Anti-Inflammatory Keto-Paleo Recipes to Nourish You from the Inside Out [Cristina Curp] on Amazon.com. \*FREE\* shipping on qualifying offers. Cristina Curp, the creator of the popular food blog and wellness site The Castaway Kitchen, delivers everything you need to do away with diets and discover the right nutritional path for you in her new book