



# Meals that Heal Inflammation: Embrace Healthy Living and Eliminate Pain, One Meal at a Time

*R.H.N., Julie Daniluk*

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Did you know that virtually every health condition from asthma to irritable bowel syndrome is linked to inflammation? When inflammation gets out of control, the result is pain and discomfort—and it's a phenomenon that's on the rise. If you're one of the millions of people who have been affected by allergies, diabetes, skin disorders, heart disease, arthritis, or any other condition ending in "-itis," then you know firsthand what havoc inflammation can cause. In *Meals That Heal Inflammation*, television personality and registered holistic nutritionist Julie Daniluk shows you how to conquer these health conditions with foods that will make you feel fantastic.

This comprehensive book is packed with meals that can assist the body's healing process—all while treating your taste buds to new and delicious flavors. The recipes, from healing teas to balanced meals and tempting desserts, are simple to make. Whether it's the savory cranberry quinoa salad or the sumptuous key lime pie, every recipe in this book contains foods that naturally heal inflammation.

Extensively researched and full of reference charts, diagnostic quizzes, food comparison lists, and the latest information about the healing properties of everyday foods, *Meals That Heal Inflammation* is an essential addition to every kitchen.

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