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Kimberly A ...

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has shown that chronic

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Diseases

inflammation can be a
root cause for many
serious illnesses,
including heart
disease, certain types
of cancers, some
autoimmune diseases,
and even Type 2
diabetes.

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Anti-Inflammatory Diet
101: How to Reduce
Inflammation Naturally
Foods to Eat.

Vegetables: Broccoli,
kale, Brussels sprouts,

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cabbage, cauliflower,
etc. One-Day Sample
Menu. It's easier to
stick to a diet when
you have a plan.

Rewards of an
Improved Lifestyle.
Summary Following an
anti-inflammatory ...

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**Anti-Inflammatory
Diet 101: How to
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Inflammation ...**

you might like Whole
grains: Oatmeal, brown
rice, whole-wheat

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bread, and other

unrefined grains tend...

Beans: They're high in
fiber, plus they're
loaded with

antioxidants and other
anti-inflammatory...

Nuts: They have a
healthy kind of fat that
helps stop

inflammation. Fish: Put
it on your plate ...

As Decrease Risk

**Anti-Inflammatory
Diet: Foods That**

Reduce

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One is to eat a diet rich in foods that aid the growth of beneficial gut bacteria. An unhealthy collection of gut bacteria has been linked to poor health outcomes, including chronic inflammation, cancers, heart disease and type 2 diabetes (18).

The Leaky Gut Diet Plan: What to Eat, What to Avoid

Research has shown

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Symptoms of

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Arthritis, Fibromyalgia,

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(Paperback) : Tessmer,

Kimberly A. : "Research

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root cause for many
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of cancers, some ...

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Diseases Arthritis
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Illnesses
Gluten - a protein
found in wheat and
other grains - has been
linked to inflammation
for people with celiac
disease (CD) or gluten
sensitivity.

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The Ultimate Arthritis Diet

They can also test your blood for

inflammation—make sure your doc requests a CRP—C-reactive

Protein test. Although this may seem

overwhelming, it's actually the opposite.

The following tips will empower you and help you find ways to

reduce inflammation

over time. Try a few (or

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just one) of these suggestions on for size and see how you feel.

5 Ways to Reduce Inflammation | The Chopra Center

Your Nutrition Solution to Inflammation provides a nutritional treatment option you can live with, arming you with the tools you need to free yourself from a lifetime of medication, pain, and long-term health

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when there are no
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