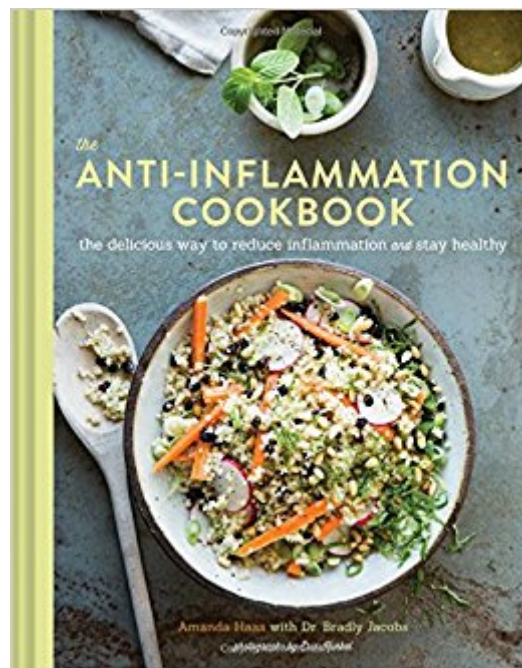




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# The Anti-Inflammation Cookbook: The Delicious Way To Reduce Inflammation And Stay Healthy



## Synopsis

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.

## Book Information

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## Customer Reviews

"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

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.

First, the good--a nice collection of flavorful recipes, which are (mostly) simple and quick to prepare and which rely on fresh, healthful ingredients. A variety of ethnic cuisines are represented in the collection, from Country Captain (American South) to Breakfast Bibimbap (Korean) to Mexican and so on. The author's style is conversational and accessible; the recipes are well presented and the copy is easy to read. Good information is given on efficient meal planning, and this cookbook will allow a cook of any level to expand his or her repertoire with a minimum of effort and good results. The caveats: While the book does give some sound fundamentals on nutrition (avoid processed food, e.g.), a lot of what is presented is not well supported by science. This is not necessarily the fault of the author--nutrition is still an under-researched and often poorly understood science, and recent research (Cell, Nov. 19) suggests that individual reactions may vary greatly to identical foods, making accurate and reproducible research even harder. Plus nutritional trends come and go (low-fat! no-carb! Oat bran! Hypoglycemia! Probiotics!) and information tends to snowball and take on a life of its own, whether there is clinical data to support it or not. A great deal of the advice given in the book is anecdotal, unique to the author and in some cases some of her friends and family. But what is true for her may not be true for every reader. The Arthritis Foundation's guidelines on an anti-inflammation diet, for example does not mention omitting gluten. But because the author is gluten-sensitive, none of the recipes in the book contain gluten. Ditto dairy. I was also hoping for some new recipes to prepare the oily fish (sardines, anchovies, trout, salmon) that are recommended for an anti-inflammation diet because of the Omega-3 oils they contain. There are three recipes for oily fish, but nothing (Salade Nicoise, Seared Ahi Tuna) that couldn't be found elsewhere. As a teacher, one of the early lessons I got in disseminating

information was that the methods that worked for me as a learner are not necessarily effective for everyone I'm teaching. That's my main critique of the stated purpose of this book; the author seems to have a number of food allergies, and cooking to avoid these particular allergies appears to have diminished her inflammation. But extrapolating her results to a larger audience, and calling it an "Anti-Inflammation Cookbook" is a bit of a stretch. I think better truth in advertising would have been to call it The Food Allergy Cookbook. If it had been, I probably wouldn't have bought it--but then I would have missed out on some good recipes. It's still a book I'd recommend, but not for medical reasons.

Very informative and yummy recipes! I really like how easy the dishes are to prepare and do not require tons of ingredients!

Good basic Anti-Inflammation Cookbook.

Every recipe has been outstanding! Also no oddball ingredients.

I enjoyed this book because it addressed the anti-inflammatory diet specifically with easy simple recipes! I recommend this book for people who are looking for a good resource to fight inflammation.

every recipe i have made so far is delish! ive been on an AI diet before and it really helps with many of the things that ail us these days, but you have to be consistent for it to make a difference if your life, if youre not ready to transition to an AI lifestyle, you can still utilize the recipes in this book for great tasting everyday meals

Good Recipes

thanks

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