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Meals That Heal Inflammation Embrace

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.

Meals That Heal Inflammation: Embrace Healthy Living and ...

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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The book's easy and tempting recipes include quinoa salad, salmon with fennel and even key lime

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