



# Anti-Inflammatory Herbs And Spices: 30 Delicious Recipes To Reduce Inflammation And Pain

*Kathy Aquino*

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## Chronic inflammation means bad health

Your body is equipped with a powerful defense mechanism known as the inflammatory process. The inflammatory process appears whenever you have an injury or a disease, and it helps take care of the problem.

However, the inflammatory process can go astray and operate even when it shouldn't. This is known as chronic inflammation, and it can cause or contribute to many serious and chronic diseases, including diabetes, alzheimer's disease, atherosclerosis, and asthma.

The scary thing is that you can have chronic inflammation for years but not realize it until you get a serious disease. Because of this, chronic inflammation has even been called "the silent killer."

## Herbs and spices to reduce chronic inflammation

The good news is that with diet and lifestyle changes, chronic inflammation can be brought under control, and you can avoid serious diseases. One surprisingly easy and effective method of reducing chronic inflammation is cooking with more herbs and spices.

Many herbs and spices have been studied scientifically, and have been shown to have an effect on reducing inflammation, even in cooking quantities. Sometimes, the effect of herbs and spices can be greater than that of non-steroid anti-inflammatory drugs that doctors prescribe to deal with illnesses such as arthritis.

## Recipes to get you started

Not all herbs and spices are equally beneficial for inflammation, and a few might actually promote inflammation rather than reduce it. In *Anti-Inflammatory Herbs and Spices*, author Kathy Aquino walks you through a list of the most effective herbs and spices, and explains everything you need to know about them.

But more importantly, this book also collects 30 delicious and easy recipes from the Internet's top food bloggers. These recipes prominently feature an anti-inflammatory herb or spice, and they will get you started with cooking ideas to reduce inflammation and improve your health, starting with your next meal.

If you are looking for an easy and effective way to tame chronic inflammation, then download your copy of

*Anti-Inflammatory Herbs And Spices* now.

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