



The Inflammation-Free Diet Plan

By Monica Reinagel

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The Inflammation-Free Diet Plan By Monica Reinagel

A revolutionary diet to help you lose weight and control disease-causing inflammation

The Inflammation-Free Diet Plan will help you achieve your ideal weight--without fad dieting--while also reducing pain and allergies, slowing the aging process, and dramatically reducing your risk for dozens of medical problems. This flexible, easy-to-follow program is the ideal nutritional solution for every member of the family.

At the heart of the program is the revolutionary IF Rating system that, for the first time, tells you the inflammatory or anti-inflammatory effects of all of the foods you eat. The IF Rating integrates more than twenty different nutritional factors, including essential fatty acids, glycemic index, vitamins, minerals, antioxidants, and anti-inflammatory compounds into a single rating which guides your food choices for the day.

You no longer have to worry about choosing the right types of carbs or fats, or even counting calories--the IF Rating combines all those factors into a simple, holistic system for healthy eating! And unlike other programs that focus only on carbohydrates or fats, the IF Rating system also shows you which proteins are healthy and which provoke inflammation.

It all adds up to a uniquely healthful, easy to follow diet plan that fights illness and promotes weight loss! *The Inflammation-Free Diet Plan* gives you:

- IF Ratings for more than 1,500 common foods, listed both alphabetically and by categories, such as "Breakfast Cereals" and "Meats"
- Self-assessments for measuring your level of systemic inflammation
- A choice of three customizable eating plans: Preventative/Maintenance, Therapeutic, and Accelerated Weight-Loss
- Three weeks worth of daily meal plans and dozens of delicious anti-inflammatory recipes

With *The Inflammation-Free Diet Plan*, you'll learn how to stop the silent enemy in its tracks and get started on the road to a longer, healthier, more vibrant life--today.

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The Inflammation-Free Diet Plan By Monica Reinagel Bibliography

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Editorial Review

From the Back Cover

Praise for *The Inflammation-Free Diet Plan*

"Cellular inflammation is the basis for all the most common degenerative diseases that plague the majority of our population. *The Inflammation-Free Diet Plan* shows you exactly how to prevent--and even reverse--this deadly process."

--Christiane Northrup, M.D., author of *Mother-Daughter Wisdom*, *The Wisdom of Menopause*, and *Women's Bodies, Women's Wisdom*

"Inflammation contributes to more pain, disease, and disability than any other condition. Unfortunately, many people unwittingly eat foods that greatly contribute to inflammation. This useful book explains how to eat to remain inflammation-free and healthy."

--Susan M. Lark, M.D., author of *Fibroid Tumors & Endometriosis Self-Help Book* and *The Lark Letter* newsletter

"Just what the doctor ordered! When it comes to making the latest research practical and delicious, Monica Reinagel's *The Inflammation-Free Diet Plan* is a healing prescription you can't beat!"

--Ann Louise Gittleman, Ph.D., author of *The Fat Flush Plan* and *Before the Change*

About the Author

Monica Reinagel, M.S., C.N.S., is the author of several health books and creator of the IF Rating™ system for estimating the inflammatory effects of foods. She is Chief Nutritionist for NutritionData.com, the internet's leading nutrition site, where she writes a daily blog on health and nutrition and a bi-weekly e-letter read by 50,000 subscribers. Monica is also a regular contributor to Epicurious.com, national magazines, and radio programs. Monica holds a Master's Degree in Human Nutrition and is a board-certified nutrition specialist.

Users Review

From reader reviews:

Michael Joslyn:

Have you spare time for the day? What do you do when you have far more or little spare time? Yes, you can choose the suitable activity to get spend your time. Any person spent their own spare time to take a stroll, shopping, or went to the Mall. How about open or read a book eligible The Inflammation-Free Diet Plan? Maybe it is to get best activity for you. You recognize beside you can spend your time with the favorite's book, you can smarter than before. Do you agree with it is opinion or you have various other opinion?

Harold Walsh:

As people who live in typically the modest era should be up-date about what going on or information even

knowledge to make these people keep up with the era and that is always change and move forward. Some of you maybe will certainly update themselves by reading books. It is a good choice for yourself but the problems coming to an individual is you don't know what kind you should start with. This The Inflammation-Free Diet Plan is our recommendation to help you keep up with the world. Why, because this book serves what you want and want in this era.

Herman Pendergrass:

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Michael Wheeler:

Reading a book tends to be new life style within this era globalization. With looking at you can get a lot of information that could give you benefit in your life. Having book everyone in this world could share their idea. Ebooks can also inspire a lot of people. Plenty of author can inspire all their reader with their story or perhaps their experience. Not only the storyline that share in the books. But also they write about the data about something that you need example of this. How to get the good score toefl, or how to teach your children, there are many kinds of book that you can get now. The authors on this planet always try to improve their expertise in writing, they also doing some research before they write to the book. One of them is this The Inflammation-Free Diet Plan.

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