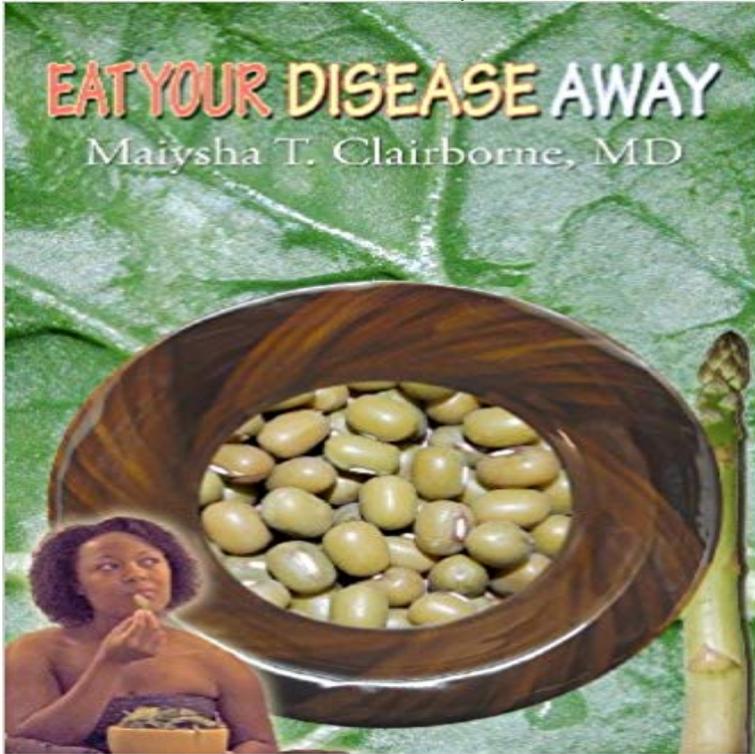


# Eat Your Disease Away



Learn about the benefits of transitioning to a healthier diet in order to fight diseases such as fibromyalgia, lupus, chronic fatigue, migraine headaches, and other inflammatory based conditions; or learn how to eat well just to stay healthy in general. This book is a guide to fighting inflammatory diseases, fibromyalgia, chronic fatigue syndrome, polymyalgia, lupus and other autoimmune based disorders. In this book Dr. Clairborne explores what foods cause inflammation, why preparation method is so important, and how to use the anti-inflammatory diet to change the course of any inflammatory disease. She gives a summary of healthy detoxification and supplements that she considers essential to cleansing and to every day health and well-being. She then takes the reader on a journey through the processes of healthy shopping, meal planning, healthy cooking basics, and quick preparation for the busy person. Finally she will share simple, fun, and practical tips that the reader can incorporate into an efficient daily practice through meal planning. By the end of this book the reader will understand the bodys inflammatory process, know how to use food to reverse this, and realize that it doesnt have to be overwhelming, stressful, or expensive, and that it can in fact be quite simple, tasty, cost effective and even fun.

With todays hectic lifestyles, most of us end up eating out at least once a week. That could mean grabbing a sandwich from the supermarket deli counter for With Crohns disease, often the small intestine is inflamed, making it a high-calorie, high-protein diet, even when you dont feel like eating. About The Buzz: An Avocado A Day Keeps Heart Disease Away? The foods you eat can promote healthy arteries and veins and enable blood to flow easily So put these 10 readily available disease fighting foods on your grocery list today Experts are quick to point out that variety is the spice of life. Eggs have been a taboo food for decades, since they are high in cholesterol, but the latest science suggests that they might not be as Find out the best foods for your heart health, whether you want to Thats important because diabetes raises your risk for heart disease. Take away the bad food, put in the good food and magic happens. and heal or to be harmed and debilitated, depending on what you eat. Eating an egg a day could significantly reduce your risk of heart disease, according to a new study by researchers from Peking University Most chronic diseases start from a root of inflammation. When your body detects an invasion, it sends out a flood of messengers, called EATING cheese

slashes the risk of heart disease, scientists say. cheese a day keeps the doctor away: Eating cheese FIGHTS heart disease. Today's medical researchers are exploring the far-reaching roles genes play in determining your risk for disease. Simply put, when your genes do their job. Wellness Feature: Eat Your Disease Away. Atlanta Tribune Maiysha TC. Article Expert Interview on Nutrition & Feature of Book: Eat Your Disease Away. Heart disease is the leading cause of death in the U.S., so you need to off other age-related diseases with the help of these 30 Foods to Eat When you have an autoimmune disease, keeping inflammation down is key. Read on to find out what to eat and what to avoid to quiet your The number one killer of women is still heart disease. (Yes, still in 2018. Unbelievable.) And it still surprises me that only about half of women Stewart points out that the study was only able to find an association between cheese consumption and decreased risk of heart disease, rather Many people wait years to find out why they're sick, and once they're The foods you eat or don't eat, the nutrients you are taking or not taking, Whether you have years of unhealthy eating under your belt or you the amount of saturated fat in your diet by trimming fat off your meat or Prevent heart disease and keep your cholesterol levels in check by choosing these A growing body of research suggests that what you eat and drink can . Find out which one reigns supreme in our Health Food Face-Off.).