



## The Inflammation-free Diet Plan: The Scientific Way to Lose Weight, Banish Pain, Prevent Disease, and Slow Aging

By Monica Reinagel

McGraw-Hill Education - Europe. Paperback. Book Condition: new. BRAND NEW, The Inflammation-free Diet Plan: The Scientific Way to Lose Weight, Banish Pain, Prevent Disease, and Slow Aging, 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...



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