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By Charity Wilson

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The Paleo Diet Breakfast You Can Really EAT; (aspirin has an anti-inflammatory effect in the body Paleo Diet, recipes, <http://paleodietnews.com/2494/cooling-inflammation-with-the-paleo-diet/>

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<http://canned-time.com/sprouting-anti-inflammatory-charts/>

An "anti inflammatory diet" includes foods that stop the symptoms By eating foods that help to prevent inflammation, Autoimmune Diet Breakfast Recipes,

<http://www.amazon.it/Autoimmune-Diet-Cookbook-Collection-Disorder-ebook/dp/B00JWF01FI>

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in water to cover, adding a tsp of turmeric (a great anti-inflammatory), Other ways to deal with inflammation: 1.

Avoid processed foods Sarah Wilson on

<http://www.sarahwilson.com/tag/anti-inflammatory-food/>

Eating Clean Recipes for Inflammation: Anti Inflammatory Diet Recipes (The Inflammation Advisor Series) eBook: Susan Greenway: Amazon.com.au: Kindle Store

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The Lyn-Genet Plan reduces chronic low grade inflammation which is the basis for premature aging, Can healthy foods be making you overweight and sick?

<http://lyngenet.com/>

More Anti-Inflammation Diet Tips and Recipes: Protect Yourself from Heart Disease, Arthritis, Diabetes, Allergies, Fatigue and Pain: Jessica K. Black:

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The Alternative Autoimmune Cookbook; Resources; Breakfast Warm Porridge with Now it s their mission to share that approach with nourishing recipes,

<http://autoimmune-paleo.com/recipes/>

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