

does an anti inflammatory diet help lose weight

does an anti inflammatory diet help lose weight and is it a viable strategy for shedding those extra pounds while simultaneously improving overall health? This comprehensive guide delves deep into the intricate relationship between inflammation, diet, and weight management. We will explore how chronic inflammation can sabotage weight loss efforts and how adopting an anti-inflammatory eating pattern can create a more conducive internal environment for shedding fat. Furthermore, we'll uncover the specific food groups and nutrients that play a crucial role in this process, alongside practical strategies for integrating these principles into your daily life. Prepare to gain a thorough understanding of this powerful dietary approach and its potential to transform your body and well-being.

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Understanding Inflammation and Weight Gain

Inflammation, a natural response of the body to injury or infection, becomes problematic when it is chronic and low-grade. This persistent inflammatory state, often fueled by lifestyle factors and diet, can significantly impact metabolic processes, including those involved in weight regulation. When the body is in a state of chronic inflammation, it can disrupt hormone signaling, increase insulin resistance, and promote fat storage, making weight loss a more challenging endeavor. Understanding this connection is the first step in appreciating how dietary changes can influence body composition.

Chronic inflammation is not just a symptom; it can be a root cause contributing to various health issues, including obesity, type 2 diabetes, heart disease, and certain autoimmune conditions. The cells within our adipose tissue (fat cells) are not inert; they actively release inflammatory molecules, known as cytokines, which can perpetuate the cycle of inflammation throughout the body. This creates a self-reinforcing loop where excess body fat fuels inflammation, and inflammation, in turn, makes it harder to lose that excess fat. Therefore, addressing inflammation directly through diet can be a powerful strategy for breaking this cycle and promoting sustainable

weight loss.

The Mechanisms: How an Anti-Inflammatory Diet Supports Weight Loss

An anti-inflammatory diet operates on several fronts to facilitate weight loss. By reducing systemic inflammation, it helps to improve insulin sensitivity, a critical factor in managing blood sugar levels and preventing the body from storing excess glucose as fat. When insulin sensitivity is compromised, the body requires more insulin to transport glucose from the bloodstream into cells, leading to higher circulating insulin levels. Chronically elevated insulin can promote fat accumulation, particularly around the abdomen, and hinder fat breakdown. An anti-inflammatory diet helps to reverse this process.

Furthermore, many anti-inflammatory foods are nutrient-dense and rich in fiber, which promotes satiety and helps control appetite. These foods are typically lower in calories and higher in volume, meaning you can eat more while consuming fewer calories, leading to a natural caloric deficit conducive to weight loss. The presence of antioxidants and phytonutrients in these foods also helps to repair cellular damage caused by inflammation, creating a healthier internal environment that is more receptive to weight loss and overall metabolic function. This multifaceted approach makes the anti-inflammatory diet a holistic strategy for improving body composition.

Improving Insulin Sensitivity

One of the primary ways an anti-inflammatory diet aids weight loss is by improving insulin sensitivity. Chronic inflammation is a known contributor to insulin resistance, a condition where cells in your muscles, fat, and liver don't respond well to insulin and can't easily take up glucose from your blood. This forces your pancreas to produce more insulin, and over time, this can lead to elevated blood sugar levels and increased fat storage. Foods rich in omega-3 fatty acids, antioxidants, and fiber, which are staples of an anti-inflammatory diet, have been shown to reduce inflammatory markers and enhance the body's response to insulin, thereby promoting more efficient glucose utilization and less fat accumulation.

Boosting Metabolism

While not a direct "fat-burning" diet in the traditional sense, an anti-inflammatory eating pattern can indirectly boost metabolism by reducing the burden of inflammation on cellular processes. When the body is constantly

fighting inflammation, its energy resources can be diverted away from optimal metabolic functions. By calming inflammation, the body can operate more efficiently, utilizing nutrients more effectively and potentially increasing resting metabolic rate. Certain spices and herbs commonly found in anti-inflammatory diets, like turmeric and ginger, have also been studied for their thermogenic properties, meaning they can slightly increase the body's heat production and calorie expenditure.

Reducing Cravings and Emotional Eating

The impact of inflammation on brain function and mood can also play a significant role in weight management. Chronic inflammation has been linked to increased anxiety, depression, and mood swings, which can often trigger emotional eating and cravings for processed, high-sugar, or high-fat foods. By stabilizing blood sugar levels and reducing systemic inflammation, an anti-inflammatory diet can contribute to a more stable mood and reduced cravings. This mental and emotional equilibrium can make it easier to make healthier food choices consistently, a crucial element for long-term weight loss success.

Key Components of an Anti-Inflammatory Diet for Weight Management

Adopting an anti-inflammatory diet for weight loss involves focusing on whole, unprocessed foods that are rich in nutrients and beneficial compounds. The foundation of this dietary approach is centered around plant-based foods, healthy fats, and lean proteins, while minimizing processed items, refined sugars, and unhealthy fats. This deliberate shift in food choices not only reduces the inflammatory load on the body but also provides the essential building blocks for optimal health and effective weight management.

Emphasis on Whole, Unprocessed Foods

The cornerstone of any effective anti-inflammatory diet for weight loss is the emphasis on whole, unprocessed foods. These foods retain their natural nutrient profiles, including vitamins, minerals, fiber, and phytonutrients, which are essential for fighting inflammation and supporting metabolic health. Processed foods, on the other hand, are often stripped of their beneficial components and are laden with added sugars, unhealthy fats, and artificial ingredients that can exacerbate inflammation and contribute to weight gain.

Nutrient Density and Caloric Balance

An anti-inflammatory diet is inherently nutrient-dense, meaning it provides a high amount of nutrients relative to its calorie content. This is crucial for weight loss, as it allows individuals to feel satisfied and nourished on fewer calories. By choosing foods packed with vitamins, minerals, and antioxidants, you can support your body's functions, including fat metabolism, without overconsuming calories. The focus is on quality over quantity, ensuring that every bite contributes positively to your health and weight management goals.

Hydration and Its Role

Adequate hydration is a vital, yet often overlooked, component of both weight loss and inflammation reduction. Water is essential for numerous bodily processes, including metabolism, detoxification, and nutrient transport. Staying well-hydrated can help to curb appetite, as thirst is sometimes mistaken for hunger. Furthermore, proper hydration supports the efficient functioning of organs involved in detoxification, helping to flush out inflammatory byproducts. Incorporating water-rich foods like fruits and vegetables further enhances hydration and contributes to satiety.

Foods to Emphasize for Weight Loss and Reduced Inflammation

Building an anti-inflammatory diet for weight loss revolves around incorporating specific food groups that possess potent anti-inflammatory properties and support metabolic health. These foods are rich in antioxidants, fiber, healthy fats, and essential nutrients, all of which contribute to reducing inflammation and facilitating the shedding of excess weight. By prioritizing these items, individuals can create a dietary pattern that is both nourishing and conducive to achieving their weight loss objectives.

Fruits and Vegetables: The Powerhouses of Antioxidants

- **Berries:** Blueberries, strawberries, raspberries, and blackberries are packed with anthocyanins, potent antioxidants that combat inflammation and may protect against weight gain.

- **Leafy Greens:** Spinach, kale, Swiss chard, and collard greens are rich in vitamins A, C, and K, as well as antioxidants like lutein and zeaxanthin, which have anti-inflammatory effects.
- **Cruciferous Vegetables:** Broccoli, cauliflower, Brussels sprouts, and cabbage contain sulforaphane, a compound known for its powerful anti-inflammatory and potential cancer-fighting properties.
- **Colorful Vegetables:** Bell peppers, carrots, sweet potatoes, and tomatoes offer a wide array of vitamins, minerals, and antioxidants that support overall health and reduce inflammation.

Healthy Fats: Essential for Inflammation Control

- **Fatty Fish:** Salmon, mackerel, sardines, and anchovies are excellent sources of omega-3 fatty acids, which are crucial for reducing inflammation throughout the body.
- **Avocado:** Rich in monounsaturated fats, fiber, and antioxidants like vitamin E, avocados help to lower inflammatory markers and promote satiety.
- **Nuts and Seeds:** Almonds, walnuts, flaxseeds, and chia seeds provide a good balance of healthy fats, fiber, and plant-based compounds that help to fight inflammation.
- **Olive Oil:** Extra virgin olive oil is a cornerstone of the Mediterranean diet, renowned for its anti-inflammatory properties due to its high content of monounsaturated fats and oleocanthal.

Lean Proteins and Whole Grains

- **Lean Protein Sources:** Chicken breast, turkey, fish, legumes (beans, lentils), and tofu provide essential amino acids for muscle repair and growth without excess saturated fat, which can be pro-inflammatory.
- **Whole Grains:** Oats, quinoa, brown rice, and barley are rich in fiber, which aids in digestion, helps regulate blood sugar levels, and can contribute to feelings of fullness, supporting weight management.
- **Herbs and Spices:** Turmeric, ginger, garlic, cinnamon, and rosemary are not only flavor enhancers but also possess significant anti-inflammatory

and antioxidant properties that can benefit weight loss efforts.

Foods to Limit or Avoid for Weight Loss and Reduced Inflammation

While focusing on anti-inflammatory foods is crucial, equally important is understanding which foods can exacerbate inflammation and hinder weight loss efforts. These are typically processed items, refined carbohydrates, and unhealthy fats that contribute to a pro-inflammatory state and can lead to increased appetite and fat storage. By consciously limiting or avoiding these items, individuals can create a more favorable internal environment for achieving their weight loss goals.

Processed Foods and Refined Sugars

Processed foods, often laden with artificial ingredients, excessive sodium, unhealthy fats, and added sugars, are significant contributors to chronic inflammation. These foods provide empty calories and can disrupt blood sugar regulation, leading to energy crashes and increased cravings. Refined sugars, in particular, are rapidly absorbed by the body, causing sharp spikes in blood glucose and insulin levels, which can promote fat storage and inflammation over time. Reducing your intake of sugary drinks, pastries, processed snacks, and sugary cereals is paramount.

Unhealthy Fats and Trans Fats

Certain types of fats can promote inflammation and negatively impact cardiovascular health, making them counterproductive for weight loss. These include saturated fats found in fatty meats and full-fat dairy products, and particularly industrially produced trans fats, which are often found in fried foods, baked goods, and margarine. Trans fats are known to increase LDL ("bad") cholesterol, decrease HDL ("good") cholesterol, and significantly contribute to inflammation. Opting for monounsaturated and polyunsaturated fats instead is a key strategy.

Excessive Alcohol Consumption

While moderate alcohol consumption may have some debated health benefits, excessive intake can significantly contribute to inflammation and weight gain. Alcohol provides empty calories and can disrupt hormonal balance,

leading to increased appetite and impaired judgment regarding food choices. Furthermore, the liver's efforts to metabolize alcohol can divert energy from other essential functions, potentially impacting metabolism. Reducing or eliminating alcohol is often a beneficial step in an anti-inflammatory and weight loss plan.

Practical Strategies for Adopting an Anti-Inflammatory Eating Pattern

Transitioning to an anti-inflammatory diet for weight loss doesn't have to be an overwhelming overhaul. By implementing practical, step-by-step strategies, individuals can gradually integrate these principles into their daily lives, making the process sustainable and enjoyable. The key is to focus on making consistent, positive changes rather than aiming for immediate perfection.

Meal Planning and Preparation

One of the most effective ways to stick to an anti-inflammatory diet is through thoughtful meal planning and preparation. Dedicating time each week to plan meals and snacks ensures that you have healthy options readily available, reducing the temptation to reach for less healthy convenience foods. This can involve creating a weekly menu, grocery shopping with a specific list, and prepping ingredients in advance, such as chopping vegetables or cooking grains.

Gradual Dietary Changes

Instead of attempting to change everything at once, consider making gradual adjustments to your diet. Start by incorporating one or two new anti-inflammatory foods each week or replacing a few processed items with whole food alternatives. For example, you might swap white bread for whole grain bread, or add a serving of berries to your breakfast each day. These small, consistent changes can lead to significant long-term improvements and prevent feelings of deprivation or overwhelm.

Mindful Eating Practices

Beyond what you eat, how you eat also plays a role in weight management and inflammation. Practicing mindful eating involves paying attention to your hunger and fullness cues, savoring your food, and eating without distractions. This can help you recognize when you are truly hungry and when

you are satisfied, preventing overeating. It also allows you to better digest your food and appreciate the nutritional benefits of the meals you prepare.

Beyond Diet: Lifestyle Factors Supporting Inflammation Reduction and Weight Loss

While diet is a powerful tool for managing inflammation and promoting weight loss, it is not the sole determinant of success. A holistic approach that incorporates other lifestyle factors can significantly amplify the benefits of an anti-inflammatory eating pattern and support sustainable weight management. Addressing these interconnected aspects creates a more robust foundation for overall health and well-being.

Adequate Sleep

The quality and duration of sleep have a profound impact on inflammation levels and weight regulation. Chronic sleep deprivation can disrupt hormone balance, increase appetite-regulating hormones (like ghrelin and leptin), and promote inflammation. Aiming for 7-9 hours of quality sleep per night is crucial for allowing the body to repair, recover, and maintain optimal metabolic function. Establishing a regular sleep schedule and creating a relaxing bedtime routine can significantly improve sleep quality.

Regular Physical Activity

Engaging in regular physical activity is an integral part of both reducing inflammation and facilitating weight loss. Exercise helps to improve insulin sensitivity, reduce stress hormones, and burn calories, all of which contribute to a healthier body composition. Moderate-intensity aerobic exercises, such as brisk walking, swimming, or cycling, along with strength training exercises to build muscle mass, are particularly beneficial. Muscle tissue is metabolically active and helps to increase your resting calorie expenditure.

Stress Management Techniques

Chronic stress is a significant driver of inflammation and can lead to increased cravings and emotional eating, sabotaging weight loss efforts. Implementing effective stress management techniques is therefore essential. Practices such as meditation, deep breathing exercises, yoga, spending time in nature, or engaging in enjoyable hobbies can help to lower cortisol

levels, reduce inflammation, and promote a sense of well-being. Finding healthy outlets for stress can create a more balanced internal environment conducive to weight loss.

The Long-Term Benefits of an Anti-Inflammatory Approach

Adopting an anti-inflammatory diet is not merely a short-term strategy for weight loss; it is a commitment to long-term health and well-being. The positive effects extend far beyond the number on the scale, contributing to a significantly improved quality of life and reduced risk of chronic diseases. This dietary pattern fosters a body that is better equipped to fight off illness and thrive.

By consistently nourishing your body with anti-inflammatory foods, you are actively working to reduce your risk of developing serious health conditions such as heart disease, type 2 diabetes, certain cancers, and neurodegenerative disorders. The sustained reduction in chronic inflammation can lead to improved energy levels, sharper cognitive function, better mood regulation, and a stronger immune system. This holistic approach empowers individuals to take proactive control of their health, leading to a more vibrant and fulfilling life.

Reduced Risk of Chronic Diseases

The sustained reduction of chronic inflammation through an anti-inflammatory diet is a powerful preventative measure against a multitude of chronic diseases. Conditions like cardiovascular disease, type 2 diabetes, Alzheimer's disease, and certain types of cancer are all closely linked to inflammatory processes within the body. By adopting an eating pattern rich in antioxidants and beneficial compounds, you are actively lowering your systemic inflammation and, consequently, reducing your susceptibility to these debilitating health issues. This dietary approach promotes cellular health and protects vital organs.

Enhanced Overall Well-being and Vitality

Beyond the absence of disease, an anti-inflammatory diet significantly contributes to enhanced overall well-being and vitality. When the body is not burdened by constant inflammation, it can function more efficiently, leading to increased energy levels, improved mood, better sleep quality, and a stronger sense of mental clarity. Individuals often report feeling more vibrant, resilient, and capable of engaging fully in life's activities when

they adopt this way of eating. It's a pathway to feeling truly well, from the inside out.

Sustainable Weight Management

Perhaps one of the most sought-after benefits, an anti-inflammatory diet offers a sustainable path to weight management. Unlike restrictive fad diets that often lead to yo-yo dieting and eventual weight regain, this approach focuses on creating a healthy, balanced eating pattern that can be maintained long-term. By addressing the underlying inflammation that can hinder fat loss and by promoting satiety through nutrient-rich foods, individuals are better equipped to achieve and maintain a healthy weight without feeling deprived. This leads to a more positive and enduring relationship with food and their bodies.

FAQ Section

Q: Does an anti-inflammatory diet solely focus on weight loss?

A: While an anti-inflammatory diet can be highly effective for weight loss, its primary focus is on reducing chronic inflammation within the body, which in turn supports overall health. Weight loss is often a beneficial side effect of adopting this nutrient-dense, whole-food-based eating pattern.

Q: How quickly can I expect to see weight loss results from an anti-inflammatory diet?

A: The timeline for weight loss varies from person to person and depends on several factors, including starting weight, metabolism, adherence to the diet, and other lifestyle choices. Some individuals may notice initial weight loss within a few weeks, while others may experience a more gradual but sustainable loss over several months.

Q: Are there specific anti-inflammatory diets that are better for weight loss?

A: The Mediterranean diet is often cited as a prime example of an anti-inflammatory diet that is also excellent for weight loss. It emphasizes fruits, vegetables, whole grains, lean proteins, and healthy fats, all of which are key components of an anti-inflammatory approach to eating.

Q: Can I still eat my favorite "unhealthy" foods occasionally while on an anti-inflammatory diet for weight loss?

A: While the focus is on whole, unprocessed foods, occasional indulgence in less healthy foods can be part of a balanced approach for some. However, frequent consumption of pro-inflammatory foods can counteract the benefits. For optimal weight loss and inflammation reduction, it's advisable to minimize these foods as much as possible.

Q: What are the key differences between a general healthy diet and an anti-inflammatory diet for weight loss?

A: A general healthy diet focuses on balanced macronutrients and calorie control. An anti-inflammatory diet takes this a step further by specifically prioritizing foods rich in antioxidants and omega-3 fatty acids known to combat chronic inflammation, which is often a hidden barrier to effective weight loss.

Q: Do I need to eliminate entire food groups to follow an anti-inflammatory diet for weight loss?

A: Not necessarily. The goal is to emphasize nutrient-dense, anti-inflammatory foods while limiting those that promote inflammation. This often means reducing intake of processed foods, refined sugars, and unhealthy fats, but it doesn't typically require the complete elimination of beneficial food groups like dairy or lean meats if consumed in moderation and with careful consideration.

Q: Can an anti-inflammatory diet help with stubborn belly fat?

A: Yes, an anti-inflammatory diet can be particularly effective for addressing stubborn belly fat. Chronic inflammation is closely linked to visceral fat accumulation, and by reducing inflammation, improving insulin sensitivity, and promoting a balanced hormonal environment, this diet can help the body shed this type of fat more effectively.

Q: What is the role of gut health in an anti-inflammatory diet and weight loss?

A: Gut health is intrinsically linked to inflammation and weight management. An anti-inflammatory diet, rich in fiber and fermented foods, promotes a

diverse and healthy gut microbiome, which plays a crucial role in regulating inflammation, improving nutrient absorption, and influencing appetite and metabolism, all of which are beneficial for weight loss.

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to follow this ultimate guide. The content contained in this book has been thoroughly researched, and most of the conclusions are drawn out of medical expert findings and from practical experience. You can also get all the benefits of the process by following the simple steps given in it. I hope that this book will be able to help you in achieving your health goals. If you have an inflammatory disorder, then you need to change your eating habits. Although medication and other therapies are necessary, many experts say it may be beneficial to follow an anti-inflammatory diet too, which is widely considered safe, so it can help lower your chances of having other issues. If you want to learn more about the diet, this is the course for you. The package consists of 2 books: Intermittent Fasting for Women in which we'll discuss the following topics: • What is intermittent fasting? • Benefits of intermittent fasting • Effect of intermittent fasting • Tips and tricks for follow correctly • Intermittent fasting for weight loss • 7-days meal plan Anti-Inflammatory Diet in which you will find: • Inflammation • What is an anti-inflammatory diet • How inflammation is interrelated with obesity and arthritis • Foods that prevent inflammation If you want to improve your health by eating correctly then this is the right book for you! Grab your copy now!

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showed that polyphenols from green tea, red grapes, turmeric, berries, dark green leafy vegetables and onions help reverse inflammation. Which means you can fix inflammation, jump start weight loss, improve your immune system and even reverse or slow down aging without spending a fortune with solutions that don't even work! I know you are probably wondering... What does weight have to do with inflammation - is there a scientific explanation? How does inflammation get to these dangerous levels? What do antioxidants do that makes them so good? Is there a list of foods you should eat and those you should avoid? How do you translate all of it to healthy, delicious recipes that you can follow? If you have these and other related questions, this book is for you. In it, you will discover: -The basics of anti-inflammatory diet, including what it is, how it works, what causes it, who it is best suited for and more -The place of anti-oxidants in fighting inflammation, including the antioxidants you need for the job and where to get them from diet -Foods you should eat and those to avoid while on anti-inflammatory diet and why -Mouth-watering recipes you can prepare for breakfast, main meals, desserts, snacks and more to effortlessly fight inflammation -And much more Take a moment to imagine losing weight much faster and keeping it off, without having to become a gym rat or counting calories, carbs or points like a lunatic. How would you feel achieving your ideal weight naturally, through just making the right dietary choices, knowing you are slowing down aging and reducing your risk of suffering from the complications that come with being overweight or obese and inflammation? If you have a burning desire to make all that and more a reality, Scroll up and click Buy Now With 1-Click or Buy Now to get started!

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tools they need to take control of their health through the power of food. By incorporating nutrient-dense, anti-inflammatory ingredients, this book offers a natural solution to ease menopausal symptoms and foster healing. The book begins by explaining the connection between menopause and inflammation, offering insights into how dietary choices can either exacerbate or alleviate common symptoms. With practical meal plans, this guide ensures that readers can seamlessly integrate anti-inflammatory recipes into their daily lives without stress. Each recipe is designed with simplicity in mind, using easily accessible ingredients and time-saving methods to make cooking a joyful and healing process. Beyond just recipes, Anti-Inflammatory Menopause Diet delves into the science behind hormone balance, helping readers understand which foods support their body's natural rhythms during menopause. Whether you're just beginning your menopause journey or looking for ways to improve your current lifestyle, this book offers a comprehensive approach to thriving during this pivotal phase of life. With straightforward guidance, delicious recipes, and actionable advice, this book is an essential companion for any woman seeking to manage menopause naturally through the healing power of food. Grab yours now

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And the best way to do that is through diet because diet (a diet that is inflammatory) is the biggest contributor to inflammation. And this is not the kind of inflammation you get when you hurt any part of your body; it is a different kind of inflammation that is initially painless yet has worse consequences if left unchecked! What does such a diet entail? Which foods have been fueling inflammation in your body and how do they do it? Which foods can you use to reverse inflammation and how do they do it? How does inflammation relate to disease? How can you adopt an anti-inflammatory diet? If you have these and other related problems, this book is for you so keep reading. More precisely, the book will teach you: The basics of the anti-inflammatory diet, including what it is, why it is necessary to adopt an anti-inflammatory diet, what causes it and much more Foods that cause inflammation that you should stay away from thanks to their inflammatory properties When you should make it a priority to adopt an anti-inflammatory diet How an anti-inflammatory diet can help free you from disease Foods that help fight inflammation thanks to their anti-inflammatory properties, which you should adopt Powerful tips that will help you in your quest towards following an anti-inflammatory diet to fight disease and ultimately live longer How to lose weight without yo-yo dieting through an anti-inflammatory diet How losing weight is different for both men and women, including how the process of losing weight affects a woman's body and how to lose weight effectively without messing up with your body How to lose weight in a record time with diet, 1 week, including an easy to follow meal plan What to do to boost your immune system with an anti-inflammatory diet When to supplement as well as how to use supplements to propel your body to weight loss, to boost your immune system and a life free from inflammation Signs that you may be sensitive to the food you are eating And much more! Don't wait until inflammation messes up your health and life. Start applying the teachings in this book. Remember; it uses simple easy to follow language to help you apply what you learn immediately.

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over 20 million Americans suffer from asthma - two conditions thought to be affected, if not caused, by inflammation. Many Newsweek articles have been dedicated to this topic, including 'Quieting a Body's Defenses' by Anne Underwood, in 2005. New York Times best-selling author Andrew Weil dedicated a portion of his new book, Healthy Aging, to a discussion of inflammation, its role in diseases, and the use of diet to control ageing.

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