



# Idiot's Guides: The Anti-Inflammation Diet, Second Edition

*Christopher P. Cannon, Heidi McIndoo*

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The body's healing response to injury or infection is localized inflammation and it is normal. However, when inflammation moves beyond the local, it becomes abnormal. New research is showing that abnormal inflammation may be linked to a variety of diseases and conditions, including heart disease, cancer, asthma, diabetes, and arthritis among others. Researchers are suggesting that diet can reverse this inflammation and the conditions and diseases caused by it.

New to this edition:

- New testing including C-Reactive Protein (CRP)
- Results of new research studies, including information against omega 3
- New healthy eating plans and foods
- New recipes
- Stress reduction to reduce inflammation

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