



## The Anti-Inflammation Diet and Recipe Book

Protect Yourself and Your Family from Heart Disease, Arthritis, Diabetes, Allergies – and More

By Jessica K. Black, N.D

**FACT:** Inflammation in the body interferes with and slows down metabolism and the healing response.

**FACT:** Data clearly indicates that inflammation is linked with chronic illnesses like heart disease, arthritis, diabetes, asthma and allergies.

**FACT:** Inflammation ages us - it detracts from beauty and longevity!

**FACT:** Inflammation can be reduced through healthy eating

### Available Now! First Diet and Recipe Book to Focus on Anti-Inflammation! *Naturopath's Delicious Recipes Will Help Save Lives*

(Alameda, CA—November 7, 2006) Medical research shows that chronic inflammation in our bodies erodes wellness, makes us age faster, and leads to degenerative diseases. Hidden food allergies can over-stimulate the immune system, causing inflammation, which in turn slows down metabolism and our natural healing response. Unfortunately, due to imbalances in the standard American diet, most Americans suffer from fairly high levels of inflammation. As a result, many develop chronic diseases that could be controlled or prevented through proper nutrition.

According to the Centers for Disease Control and Prevention (CDC), seven out of ten deaths are caused by chronic diseases such as cancer, diabetes, and heart disease, all of which have a direct nutritional connection. What can be done to ensure optimal health and healing? THE ANTI-INFLAMMATION DIET AND RECIPE BOOK, written by leading naturopathic doctor Jessica K. Black, N.D., helps readers reclaim health by guiding them to practices that facilitate cellular regeneration rather than cellular degeneration and disease. Dr. Black educates readers on making diet choices that promote easier digestion, reduce the intake of toxins, and allow greater absorption of nutrients. The result? Improved cellular function and metabolism, and possibly greater vitality and beauty - not to mention a longer life!

...MORE NEXT PAGE

**For Immediate Release**

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Dr. Black's book is the first to provide specifics on what to eat and how to cook in order to counter and even prevent inflammation. While providing delicious food choices, the diet eliminates allergens and reduces the intake of pesticides, hormones and antibiotic residues. It encourages whole foods; reduces processed foods, sugars, and other potential toxins such as hydrogenated oils; and encourages ample intake of vegetables and fruits for essential nutrients. Changing one's diet, preparing healthy meals, and enjoying nutritious foods were never so easy.

Appropriate for men and women of all ages - and especially beneficial for children - THE ANTI-INFLAMMATION DIET AND RECIPE BOOK will help people learn to eat and cook healthily. The first part of the book explains the benefits of healthy eating, and provides simple information about the scientific background of anti-inflammation diets. The second half contains 125 easy-to-prepare recipes, a week's sample menus for summer and winter, full nutritional analysis for all recipes, as well as a food substitution chart, so that readers can modify their favorite recipes and make them healthier. This exciting and revolutionary new book is available now in bookstores nationwide!



#### **ABOUT THE AUTHOR**

JESSICA K. BLACK, N.D. co-founded and runs a primary care center called A Family Healing Center in McMinnville, Oregon with her husband, Jason Black, N.D. She specializes in women's medicine including menopause, as well as allergies, asthma, pediatrics, nutrition, detoxification, and herbal medicine.

#### **THE ANTI-INFLAMMATION DIET AND RECIPE BOOK**

**Protect Yourself and Your Family from Heart Disease, Arthritis, Diabetes, Allergies — and More**

Jessica K. Black

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*This book is available in bookstores nationwide or may be ordered by calling 1-800-266-5592*

To request a review copy, or author interview, please contact Reina Santana at [marketing@hunterhouse.com](mailto:marketing@hunterhouse.com) or at (510) 865-5282 ext. 303

## Supplementary Information



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### 5 HEALTHY TIDBITS

1. According to “The Fires Within,” an article published in the February 23, 2004, issue of *Time* magazine, recent research has been dedicated to the role of inflammation in certain diseases such as Alzheimer’s disease, cardiovascular disease, colon cancer, and autoimmune disorders. For example, doctors are finding a connection between inflammation and increased incidence of cardiovascular disease through an inflammatory marker called CRP (C-reactive protein). Instead of taking aspirin or other anti-inflammatory medication for prevention of chronic disease, which can cause harm when used for the long term, try eating healthier instead. Fresh sprouts, which contain lots of fiber and nutrients, are an excellent choice of a food to eat more of in your quest to improve your diet.
2. Many people are concerned about the cholesterol content of eggs. In fact, however, eggs have in them an anticholesterol agent that protects our bodies from their cholesterol content. I believe that eggs can be good dietary cholesterol regulators. Organic eggs especially are good cholesterol regulators, because the chickens’ diet contains fewer toxins. If the chickens were fed flaxseeds, eggs would be an even better regulator. Remember from earlier in the book that eggs need to be cooked slowly. Otherwise, enjoy!
3. When Mom said to eat breakfast every morning, she was right. Research presented at the American Heart Association’s 43rd annual conference, in March 2003, showed that breakfast-eaters are far less likely to be obese or have diabetes or heart disease. Eating a whole-grain cereal each day was associated with a 15 percent reduction in risk for insulin resistance syndrome, a precursor to diabetes and weight gain.
4. Did you know that parsley can freshen your breath? Maybe that is why it is found in so many dishes containing garlic. Parsley is rich in vitamins and minerals, is an excellent antioxidant, and improves digestion. If you are planning an herb garden, plant your parsley next to your roses; it improves their health and fragrance.
5. Olive oil is a monounsaturated fat that can promote healthy lipid profiles in the body. It helps to decrease the “bad” cholesterol, or LDL cholesterol, and increase the “good” cholesterol, HDL cholesterol. Because olive oil is unsaturated and contains a double bond, it is easily broken down by the body and incorporated into important hormones and cell membranes.

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## SAMPLE ANTI-INFLAMMATORY MENUS — SUMMER MONTHS

*Sample Anti-Inflammatory Menus for the Summer Months*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Breakfast Smoothie	Protein Power Breakfast	Breakfast Smoothie	2 soft-boiled eggs; 1 serving of fruit	Granola with milk substitute; 1 serving of fruit	Broccoli and Olive Frittata	Wheat-Free Pancakes
<b>Midmorning snack</b>	Can of salmon with rice crackers	Rice protein bar	Nuts and seeds	Celery with almond butter	Apples with almond butter	Guacamole with rice crackers	Hummus with raw vegetables
<b>Lunch</b>	Beet and Bean Salad (made the night before)	Green salad with avocado and nuts	Raw Beet Soup (made the night before)	Quinoa Vegetable Salad (made the night before)	Carrot Beet Salad (made the night before)	Tangy Coconut Soup; brown rice	Cold Asian Noodles with Smoked Salmon
<b>Afternoon snack</b>	Nuts and seeds	1–2 soft-boiled eggs	Baba Ghanoush with rice crackers	Avocado Tuna Salad	Nuts and seeds	Sun Candies	1 slice of The All-Forgoing Banana Bread
<b>Dinner</b>	Cucumber Salad; Baked Tofu; Steamed Vegetables	10-Minute Avocado Soup; Fresh green salad	Turkey Meatloaf; Spicy Honey Lemon Salad with dandelion greens	Chicken Curry Made Simple (chicken baked the night before)	Strawberry Spinach Salad with Blackened Salmon	Seared Tuna over Raw Vegetables	Grilled chicken, turkey, or fish with Vegetable Marinade for Grilling
	<p><b>Seeds</b> 2 tablespoons ground flaxseeds</p> <p><b>Water</b> ½ your weight in fl. oz. per day (do not drink while eating)</p> <p><b>Movement</b> 30–45 minutes walking, exercising, moving outdoors</p>						
	<p><i>Include these things daily:</i></p>						

...MORE NEXT PAGE



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### SYMPTOMS OF COMMON FOOD ALLERGIES

Symptoms of food allergies or intolerances include:

- Headaches
- Constant clearing of the throat
- Mucous in the throat
- Abdominal complaints such as bloating or cramping
- Irritable bowel syndrome
- Irritable bowel disease
- Fatigue
- Migraines
- Arthritis
- Asthma
- Eczema
- Psoriasis
- Most skin complaints
- Acne
- Aphthous (mouth) ulcers
- Sinusitis (inflammation of the sinus cavities, resulting in runny nose and/or congestion)
- Otitis media (ear infection)
- Chronic cough
- Chronic allergies to pollens, molds, or other environmental agents

Food allergies may also trigger minor or major mood changes, including depression, anger, hyperactivity, or anxiety.

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### DECREASE INFLAMMATION: EAT MORE OF THESE FOODS

- Essential fatty acids found in cold-water, oily fish such as salmon, mackerel, tuna (limit to 2 servings per month), sardines, halibut; also, oils extracted from these fish
- Pineapple, because of its content of bromelain, which decreases inflammation
- Fruits and vegetables (**except** for tomatoes, potatoes, citrus fruits – lemon is okay, limit intake of dried fruits, and eliminate them if you are diabetic)
- Garlic, ginger, and turmeric
- Most nuts and seeds, except peanuts
- Flaxseed oil; olive oil if not heated too high
- Filtered water, in the amount of half of your body weight in fluid ounces daily (one cup equals eight fluid ounces)