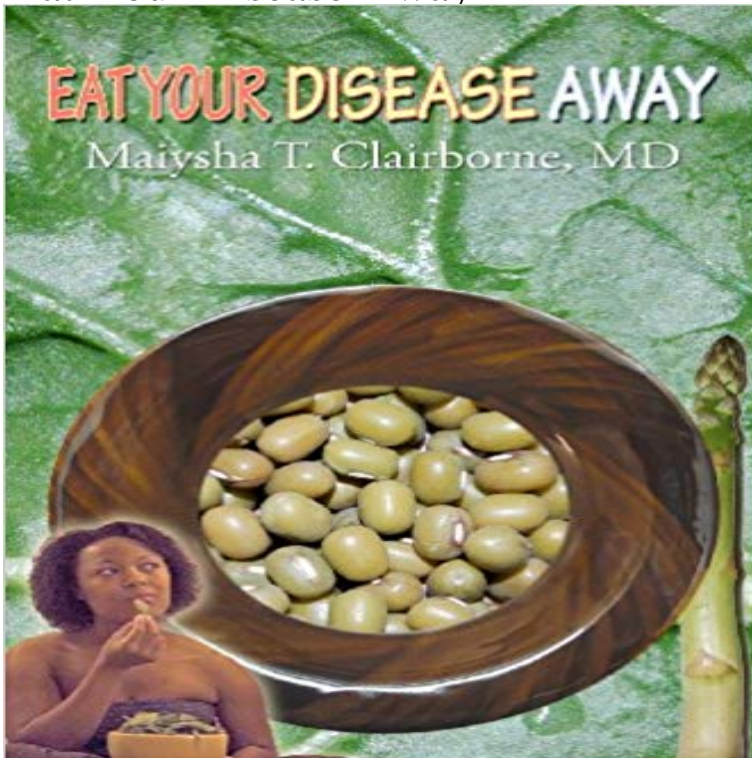


Eat Your Disease Away



Learn about the benefits of transitioning to a healthier diet in order to fight diseases such as fibromyalgia, lupus, chronic fatigue, migraine headaches, and other inflammatory based conditions; or learn how to eat well just to stay healthy in general. This book is a guide to fighting inflammatory diseases, fibromyalgia, chronic fatigue syndrome, polymyalgia, lupus and other autoimmune based disorders. In this book Dr. Clairborne explores what foods cause inflammation, why preparation method is so important, and how to use the anti-inflammatory diet to change the course of any inflammatory disease. She gives a summary of healthy detoxification and supplements that she considers essential to cleansing and to every day health and well-being. She then takes the reader on a journey through the processes of healthy shopping, meal planning, healthy cooking basics, and quick preparation for the busy person. Finally she will share simple, fun, and practical tips that the reader can incorporate into an efficient daily practice through meal planning. By the end of this book the reader will understand the bodys inflammatory process, know how to use food to reverse this, and realize that it doesnt have to be overwhelming, stressful, or expensive, and that it can in fact be quite simple, tasty, cost effective and even fun.

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