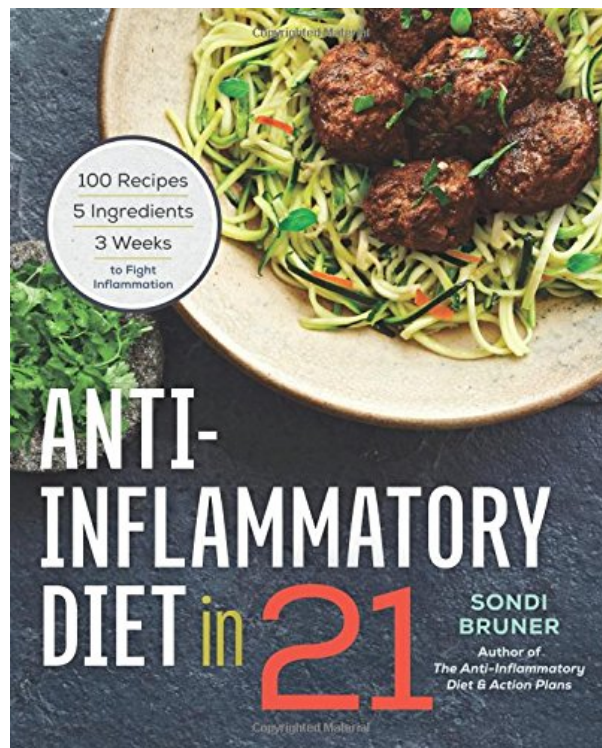
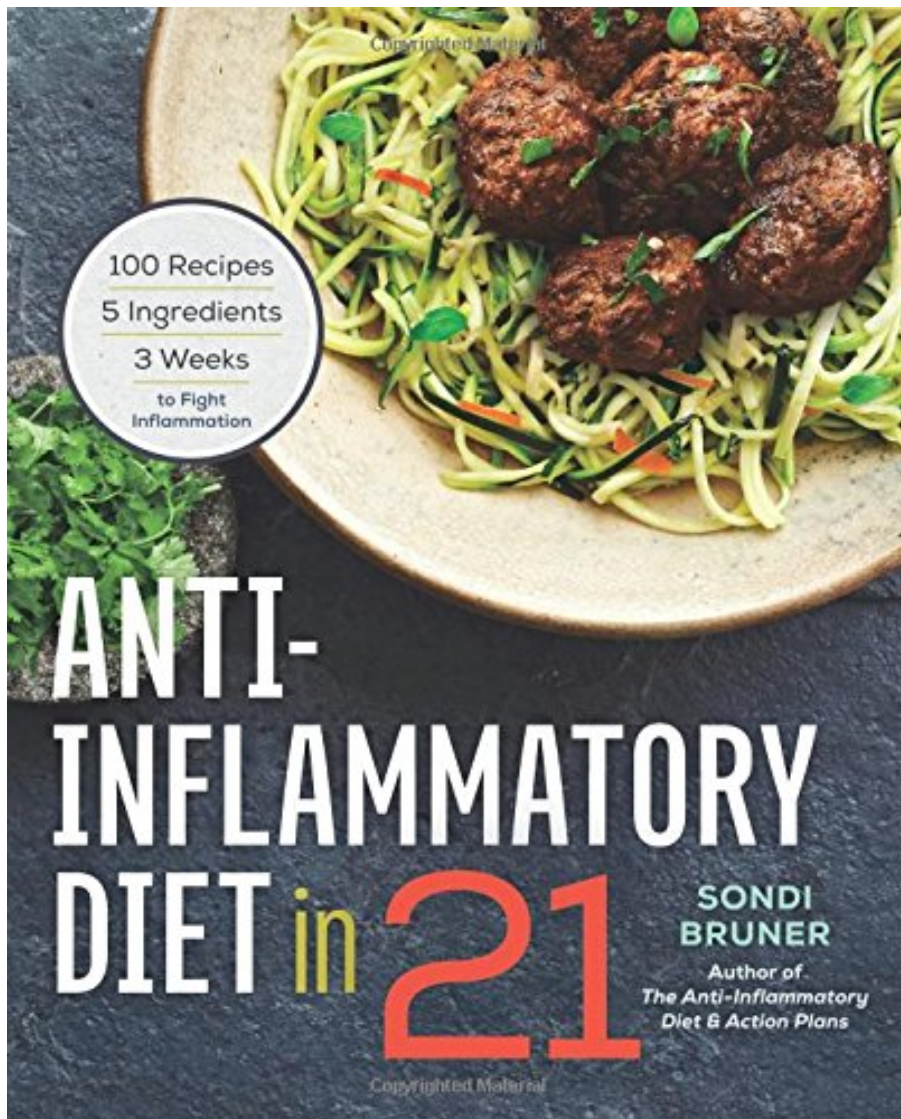


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About the Author

Sondi Bruner is a holistic nutritionist, writer, food blogger, and recipe developer who specializes in digestive issues and allergen-friendly diets. She lives in Vancouver, British Columbia, with her husband and fur baby.

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The Life-Changing Anti-Inflammatory Diet and Meal Plan To Restore Your Health?With Five Ingredients or Fewer

Holistic nutritionist Sondi Bruner puts you on the path to good health by showing you how to reduce inflammation by following an anti-inflammatory diet. Keep it simple, satisfying, and healthy with Bruner's five-ingredient, inflammation-fighting recipes.

The Anti-Inflammatory Diet in 21 is an indispensable anti-inflammatory diet cookbook and meal plan with one goal: to transition you to a healthier lifestyle that supports your immune system. Discover how an autoimmune diet can be easy, convenient and filled with variety and flavor.

The Anti-Inflammatory Diet in 21 preps you, with:

- Over 100 simple, delicious inflammation-fighting recipes, like Quinoa Flatbread Pizza
- A 21-day meal plan to eliminate inflammation-causing triggers and reintroduce nourishing foods
- Recipe labels for dietary restrictions (vegan, gluten free, soy free, nut free, and more)
- Lifestyle & dietary tips to promote healthy habits and soothe chronic inflammation

The Anti-Inflammatory Diet in 21 gets you on track to support your health goals, control your inflammation, and still eat foods you enjoy.

- Sales Rank: #30869 in Books
- Published on: 2015-11-16
- Released on: 2015-11-16
- Original language: English
- Number of items: 1
- Dimensions: 9.25" h x .57" w x 7.50" l, 1.10 pounds
- Binding: Paperback
- 208 pages

About the Author

Sondi Bruner is a holistic nutritionist, writer, food blogger, and recipe developer who specializes in digestive issues and allergen-friendly diets. She lives in Vancouver, British Columbia, with her husband and fur baby.

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As Easy As A-B-C and 1-2-3!

By christine laskero

It seems everyone I talk to these days is undertaking some sort of detox diet. If you have been wondering if this is something you should try, this book would be a good place to start. Sonni Bruner gives a great introduction which explains how inflammation helps us heal following an injury. When acute inflammation turns into chronic inflammation, the effects can do serious damage, particularly in the case of autoimmune diseases. She tells us which foods worsen our immune systems and why and also extols the virtues of foods that nourish and heal inflammation.

Bruner's book is a guide to undertaking a 3 week elimination diet which removes the inflammatory diets and helps you transition to a healthier lifestyle. The book includes 3 weeks' worth of menu plans, shopping lists, and recipes. Each recipe has no more than 5 ingredients. She includes helpful tips to those of us (each and every one of us?!) with busy lifestyles to help minimize the chances of us being unprepared and therefore likely to sabotage ourselves. This diet is not for the faint-hearted - you will eliminate gluten, dairy, corn, soy, peanuts, caffeine, alcohol, sugar, eggs, feedlot animal products, and artificial and processed foods. If you are wondering what's left, you will be in for a surprise. And what Bruner does with the remaining ingredients may be nothing short of amazing. I can't wait to try the Salmon Mushroom Hash, the Chicken Alfredo with a cauliflower based sauce as well as the Roasted Apricots and Almond Crusted Salmon.

The only place I feel the book falls a bit short is in telling us if, when, and how to add foods back in. It seems unrealistic to think this won't happen and it would be helpful if there was a chapter on what happens next. But if you are looking for a easy to read and simple to follow book to get you started, this would be a good choice. I received this book for free in exchange for my honest and unbiased review.

0 of 0 people found the following review helpful.

Great tips and substitutions

By J. Graham

I bought this book in hopes that learning some triggers would help my HUsband and I with our aches and issues we have.

I guess it's really true as you get older the more you start to feel it.

I liked that this book went through lists of foods to enjoy freely and foods which trigger you , and that you should avoid.

There are tips to help you boost your immune system and reduce the triggers, by eliminating certain items from your diet. There are substitutions to use.

There is a meal plan, and not all recipes are just 5 ingredients. She states 3 weeks for her diet to be beneficial and depending on the person your results will vary, and how quickly you see results will also vary.

I personally only found a handful of the recipes to be something that my family and I would like.

I do love the fact that each and every recipe has a series of labels by it to tell you if it is vegan, gluten free, soy free, nut free, etc...

This is very beneficial to alot of people. Even if you have not be officially diagnosed with an allergy, you can easily say I can safely eat this without any side effects.

I will try some of the tips she shares in this book, with hopes that making some of the little changes she talks about will benefit us, and we will start feeling less crampy and achy. I know winter here in the Pacific Northwest is getting kind of brutal for my husband and I. The cold, damp winters are really making us wish we were in a drier and warmer climate. Since that can't happen until he retires, I'm hoping this book and the changes I make after reading this book will help us both.

I received a sample book for my honest opinion on the book. My opinions are my own and I was not compensated in any way for my review.

0 of 0 people found the following review helpful.

this book is a great place to start

By roberta

I've been reading a lot about the anti inflammatory diet lately. If you are interested in learning more about it, this book is a great place to start. It provides you with simple easy steps to ease into good health via the anti inflammatory diet. The author gives their personal experience with inflammation and how eating an anti inflammatory diet changed their life. The book is full of nice full color pictures. The author provides you with a list of health problems that stem from inflammation like asthma, cancer, diabetes, and arthritis, and explain how to fight it with diet. The author tells you about the benefits of an anti inflammatory diet, like energy, focus, and strengthened immune system. You're provided with a list of foods that worsen inflammation, like gluten,dairy, corn and caffeine and a list of foods that nourish and heal inflammation, like basil, berries and fish. You'll learn the difference between food allergies and intolerance and sensitivity. There's a great list of foods to enjoy and foods to avoid, categorized and laid out in an easy to read chart. You get shopping guideline and a pantry list. The author explains how to prep yourself for an anti inflammatory life style with a 3 week elimination diet, which includes a complete menu, a to do list for each of the 3 weeks, and a shopping list. This 3 week diet consists of 5 ingredient recipes which make them easy to prepare and simple to shop for. This book gives you everything you need to get started and even provides you with 100 delicious recipes for your anti inflammatory lifestyle including smoothies and breakfast, snacks and sides, soups and salads, vegetarian dishes, seafood, meat and poultry, desserts, and sauces condiments and dressings. This book really gives you a great start to make this transition easy and delicious. I'm really excited to get started.

I received this book for free for my honest unbiased review.

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