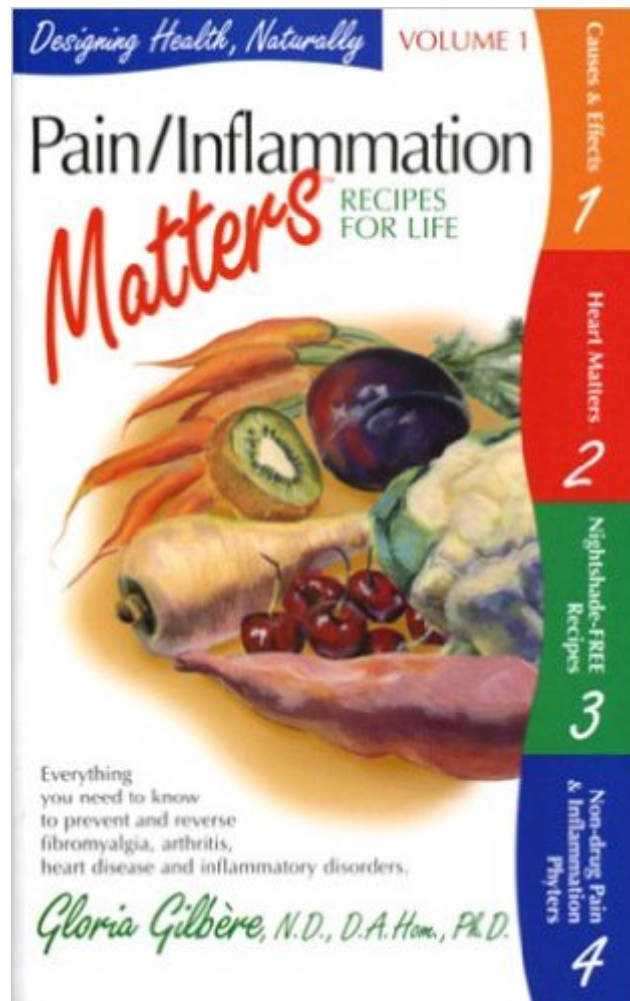


The book was found

# Pain/Inflammation Matters: Recipes For Life (Designing Health, Naturally)



## Synopsis

The first in a new series of symptom-specific guides ("Designing Health, Naturally") providing "What You Really Need to Know" to prevent and reverse debilitating pain and inflammation without drugs and their side-effects &#x97; often times worse than the original condition. Written by a doctor who became a victim and recovered, after a life-threatening accident, a prescription drug-induced digestive disorder, and the subsequent onset of fibromyalgia and chronic inflammation. It details: causes and effects; non-drug pain and inflammation phyters; 30 gourmet night-shade-free recipes for cooking without foods that "ignite" the inflammatory process; heart health and the inflammation connection.

## Book Information

Series: Designing Health, Naturally

Paperback: 96 pages

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Product Dimensions: 0.2 x 5.5 x 8.5 inches

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Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (3 customer reviews)

Best Sellers Rank: #989,739 in Books (See Top 100 in Books) #134 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Pain #987 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management #5484 inÂ Books > Health, Fitness & Dieting > Nutrition

## Customer Reviews

Pain/Inflammation Matters: Recipes For Life by Gloria Gilbere (a doctor of naturopathy, and expert in natural health issues, and an experienced homeopath), is a slim but vital compendium of practical and applicable information on the prevention, and even reversal, of fibromyalgia, arthritis, heart disease and inflammatory disorders. Organized into thoroughly "reader friendly" sections: "Causes & Effects"; "Heart Matters"; "Nightshade-free Recipes; and Non-drug Pain & Inflammation Phyters, Pain/Inflammation Matters should be considered "must reading" by anyone (especially non-specialist general readers) who suffer from chronic pain or inflammation.

This book is a great help in understanding the causes of my pain. Avoiding nightshades has brought me great relief and I've gone a step further by ordering Invisible Illnesses by the same author. The more that I learn the more relief I'm getting. I love the nightshades but no food is worth the agony that I suffered. I like the fact that the author is writing and informing from her own experience.

Great informative book about how nightshades can seriously affect health and well being if one is either predisposed to or becomes sensitive to them. She has extremely comprehensive, easy-to-understand information and the book itself is a relatively short read. Highly recommended.

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Pain/Inflammation Matters: Recipes for Life (Designing Health, Naturally) Brain Inflammation in Chronic Pain, Migraine and Fibromyalgia: The Paradigm-Shifting Guide for Doctors and Patients Dealing with Chronic Pain (Inflammation Mastery & Functional Inflammation) Fight Inflammation: Favorite 25 Quick & Easy Recipes To Heal Chronic Disease And Inflammation Anti Inflammatory Diet: Beginner's Guide - What You Need to Know to Heal Yourself with Food, Restore Overall Health and Become Pain Free + Recipes + 7 ... Recipes For Beginners, Inflammation Cure) Anti Inflammatory Diet: Autoimmune Dinner Recipes: 30+ Anti Inflammation Diet Recipes To Fight Autoimmune Disease, Reduce Pain And Restore Health (Autoimmune ... Disease, Anti-Inflammatory Diet, Cookbook) Wrist Pain, Neck Pain - Lower Back Pain - Should Treatments Be Focussed Only To The Area That Hurts?: A Comfortable Healthy Sleep Without Neck Pain And ... Neck Pillow, (Children health care Book 1) What Really Matters for Struggling Readers: Designing Research-Based Programs (3rd Edition) (What Really Matters Series) Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) In Vivo Models of Inflammation 2 Volume Set (Progress in Inflammation Research) (v. 1&2) Anti-Inflammatory Diet: Your Ultimate Guide To Healing Inflammation, Alleviating Pain and Restoring Physical Health With 50 Delicious Anti-Inflammatory Recipes (2nd Updated Edition) Joint Pain No More: How to Effectively Eliminate Pain and ease your Aches! (Pain Management, Muscle Pain, sports injury) Naturally Pain Free: Prevent and Treat Chronic and Acute Pains-Naturally Healthy Joints for Life: An Orthopedic Surgeon's Proven Plan to Reduce Pain and Inflammation, Avoid Surgery and Get Moving Again Urinary Tract Infection: #1 Best Methods To Permanently Beat & cure Urinary Tract Infection For Life! (Urinary Health, Urinary Pain, Urinary Tract Vitamins, ... Urgency, Bladder health, Bladder Pain) Life Without Pain: Free Yourself from Chronic Back Pain, Headache, Arthritis Pain, and More, Without Surgery or Narcotic Drugs L-Lysine and Inflammation: Herpes Virus - Pain - Fatigue - Cancer, How Do We Control

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