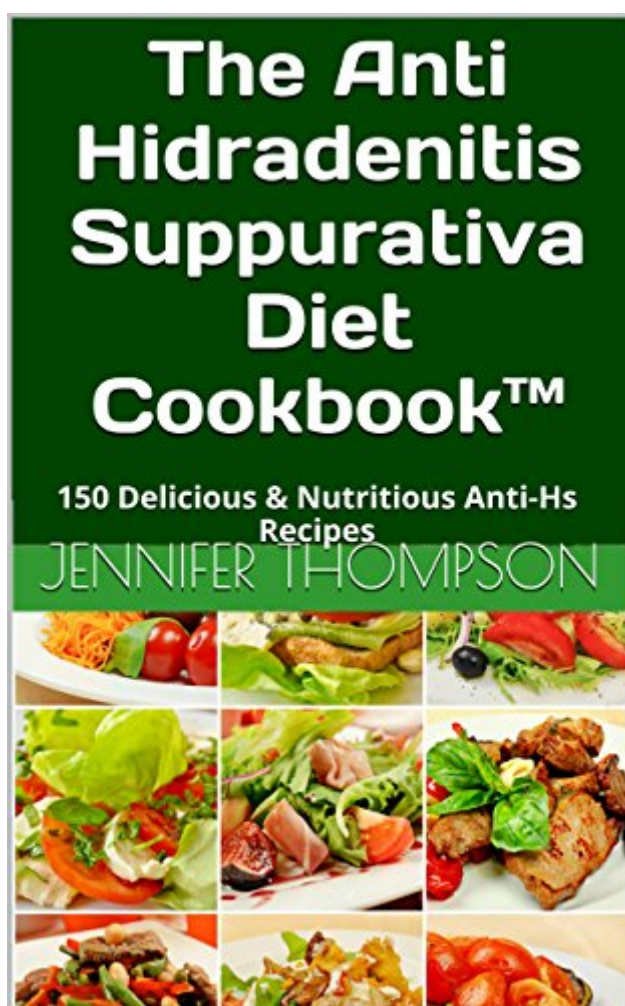


The book was found

The Anti Hidradenitis Suppurativa Diet Cookbook~: 150 Delicious & Nutritious Anti-Hs Recipes



Synopsis

It is only recently that it has been recognized that inflammation is a key cause, trigger and/or aggravating factor of many ailments and diseases, including hidradenitis suppurativa (HS). Inflammation is how your body responds to something painful, irritating or, even potentially, harmful. Having abnormal levels of inflammation in your body can put you at an increased risk for developing heart disease, cancer, and other life-threatening conditions. More importantly for you, having an elevated inflammation level in your body is what is causing your HS to flare up, and is the reason why it is not healing. The key to permanently getting rid of HS, and having the healthiest body possible, is to maintain an anti-inflammatory state within your body, i.e. the molecules that prevent inflammation are kept higher than those causing inflammation. Once an anti-inflammatory state is achieved, you will rapidly notice your HS healing up, your skin looking better than ever before, and your energy levels will quickly increase. Throughout this book you will learn the benefits behind consuming an anti-inflammatory diet, not only to cure your HS but to achieve the best health state possible. You will begin to understand the factors which make up an anti-inflammatory diet and how these factors can affect the level of inflammation in a person's body. Finally you will find 150 recipes to help get you started in four main categories, including: Breakfast Recipes Lunch Recipes Dinner Recipes Snack Recipes The ultimate goal of this cookbook is to help open the door to an anti-inflammatory diet lifestyle. It is for you to finally cure your HS, but also for all individuals, so that they may find optimum health and well-being. You do not need to have problems with inflammation to participate in this diet nor does this diet need to be recommended by a doctor (although, it is always a good idea to consult with your physician before beginning any new diet regimen). There are no special packaged foods, bars, or drinks, no gimmicks. All that is required of you is that you stick mostly to the foods on the approved list and, as much as possible, steer clear of the high-risk foods. That's all there really is to it. The anti-inflammatory diet is one that can easily be adjusted around you and/or your family's busy schedule. With the anti-inflammatory diet, you can enjoy how great you feel and feel good enjoying life!

Book Information

File Size: 961 KB

Print Length: 264 pages

Simultaneous Device Usage: Unlimited

Publication Date: November 19, 2014

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B00PX4CFOM

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #356,706 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #48

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments >

Skin Ailments #106 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments >

Skin Ailments #548 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Healthy

Customer Reviews

I've had HS for three years (35 year old male, used to smoke cigarettes when I was younger). Saw loads of doctors, dermatologists and endocrinologists; tried everything..cycles of Accutane, Prednisone, Remicade, Humira, you name it, I've done it. Through my own research I started to read how different foods can have a dramatic impact on inflammation and HS flare-ups, and indeed I started noticing a difference when I was careful with my eating. I bought this cookbook to help me come up with ideas for meals and I'm very glad I did as 150 recipes are more than enough! Barely a week and a half following this cookbook to a T, my skin started clearing up. The boils shrunk and the lesions have started healing. Thank you for this wonderful cookbook!

Anyone with HS not only knows it's incurable, and also know that things like gluten, tomatoes, and nightshades all are huge triggers. You're better off doing strict AIP or elimination diet.

There is no way possible these people know what they're talking about. Nightshades are one of the #1 triggers of HS, tomatoes are in the nightshade family, and tomatoes are all over the cover. The authors should be ashamed of themselves for claiming to specifically help a disastrous medical condition, only to actually do the very opposite by aggravating it.

This book is an absolute crock. The recipes sounds pretty good, sure, but NOT as part of an

anti-inflammatory diet. Jennifer Thompson has recipes that include whole-wheat products, Nutella, peas, jalapeño, etc. These foods have been proven to be inflammatory in nature and not good for sufferers of chronic autoimmune diseases caused by inflammation. DO NOT buy this book for its intended purpose because you will not see changes in your body. Absolutely ridiculous!

Seriously?? Tomatoes on the cover of an Anti-Hidradenitis book?? I certainly will not be purchasing this.

Really liked the book, great recipes. The only thing I had a problem with Jennifer says this is a cure for HS. As people with HS know there is NO cure for HS. She should not give false hope.

[Download to continue reading...](#)

The Anti Hidradenitis Suppurativa Diet Cookbook – 150 Delicious & Nutritious Anti-Hs Recipes ANTI INFLAMMATORY DIET: ANTI INFLAMMATORY COOKBOOK: ANTI INFLAMMATION: 500 Healthy and Delicious Anti Inflammatory Diet Recipes to Heal your Immune System(anti ... inflammatory foods, allergen management) Anti Inflammatory Diet: 5 Week Anti Inflammatory Diet Plan To Restore Overall Health And Become Free Of Chronic Pain For Life (Top Anti-Inflammatory Diet Recipes, Anti Inflammatory Diet For Dummies) Hidradenitis Suppurativa Anti Aging: The Best Anti Aging Beauty Products, Anti Aging Medicines and Anti Aging Skin Care Treatments to Make You Look and Feel Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) Anti Inflammatory Diet: The Ultimate Anti-Inflammatory Diet Recipes!: Top Anti-Inflammatory Diet Recipes for Beginners 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) Anti Inflammatory Diet: Autoimmune Lunch Recipes: 35+ Anti Inflammation Diet Recipes To Fight Autoimmune Disease, Reduce Pain And Restore Health (Autoimmune ... Anti-Inflammatory Diet, Cookbook Book 2) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3)

Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know ****BONUS**** 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) Anti Inflammatory Diet: Guide to Eliminate Joint Pain, Improve Your Immune System, and Restore Your Overall Health (anti inflammatory cookbook, anti inflammatory ... recipes, anti inflammatory strategies) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Anti Inflammatory Diet Action Plan: 6 Week Meal Plans To Heal Yourself With Food, Restore Overall Health And Become Pain Free (Anti Inflammatory Diet, ... Anti Inflammatory Diet Plan) (Volume 2) Anti Inflammatory Diet Action Plan: 6 Week Meal Plans To Heal Yourself With Food, Restore Overall Health And Become Pain Free (Anti Inflammatory Diet, ... Anti Inflammatory Diet Plan Book 2) ATKINS: Atkins Diet Disaster: Avoid The Most Common Mistakes - Includes Secrets for RAPID WEIGHT LOSS with the Low Carb Atkins Diet (Atkins diet, Atkins ... diet, Paleo diet, Anti inflammatory diet)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)