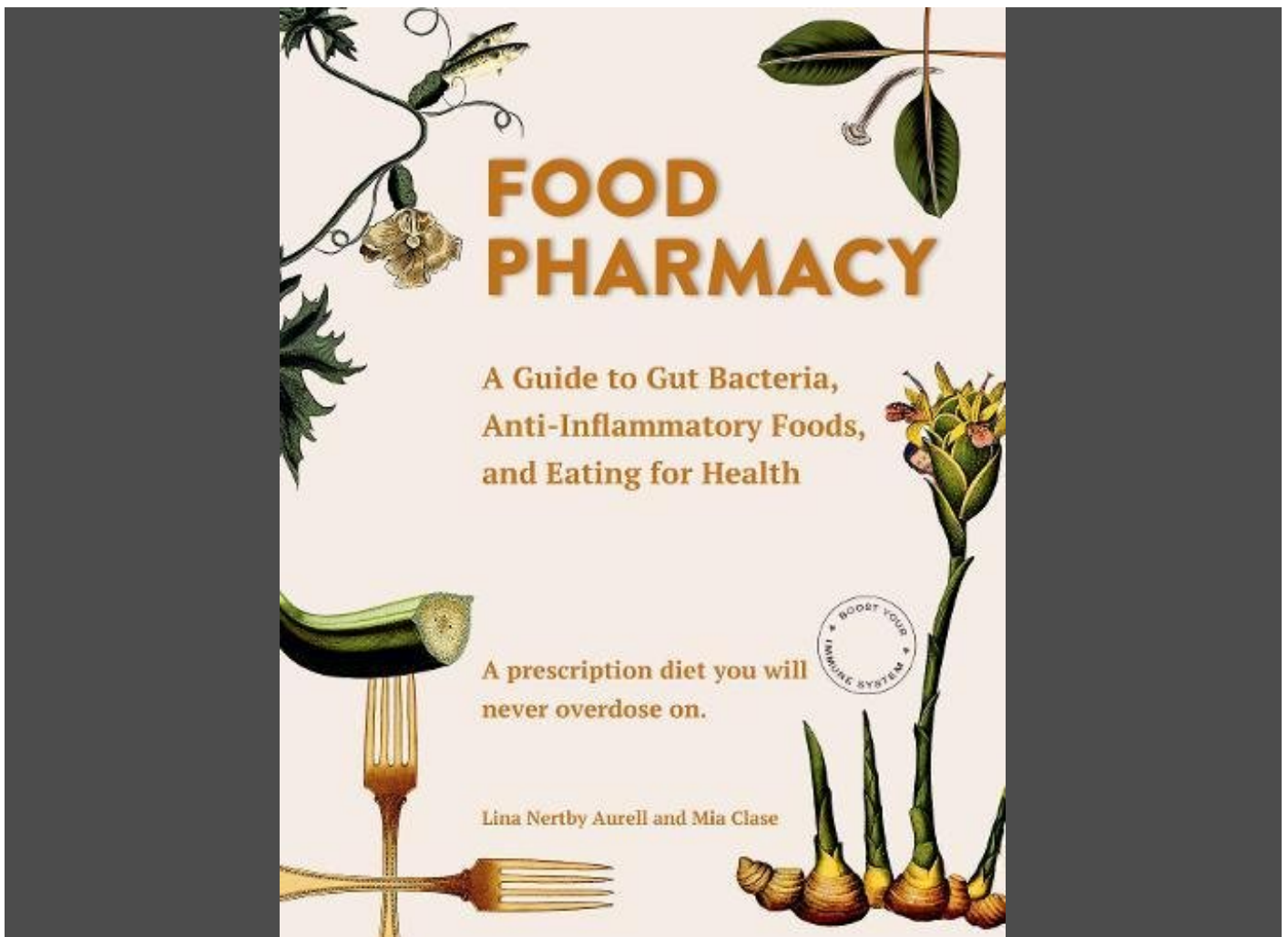


# PDF | Food Pharmacy: A Guide to Gut Bacteria, Anti-Inflammatory Foods, and Eating for Health

by **Lina Aurell and Mia Clase**



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The key to a healthy life is healthy eating. We know this fact, but how do we make sense of it and live it out with the myriad of information out there on gut health, autoimmune diseases, anti-inflammatory diets, and what foods to eat and not to eat?

*Food Pharmacy* finally tells the complete story of friendly bacteria, intestinal flora, anti-inflammatory superfoods like turmeric, the difference between good and bad fats, vitamin D, and how we can reduce inflammation and heal chronic diseases by regulating our immune system with simply the right natural foods—nature’s pharmacy that will never cause you to overdose.

Marrying scientific research with seventeen supplementary recipes, practical advice and tips, and a quirky, humorous voice, *Food Pharmacy* extolls the kitchen’s anti-inflammatory heroes—like avocado, cloves, kale, cinnamon, and green bananas—and shows you how to live your healthiest life equipped with the right knowledge and food.

With facts substantiated by Professor Stig Bengmark, a former chief surgeon and stomach bacteria research scientist, *Food Pharmacy* is for anyone interested in learning about how what you put in your mouth affects your body’s ecosystem, and is the ultimate guide and manifesto to leading a life as anti-inflammatory and healthy as possible.



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