



# Your Nutrition Solution to Inflammation

*Kimberly Tessmer RDN LD*

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“An easy read for the public, well-organized...with helpful hints and menu suggestions.”

—Tina Marie Fortuna, MS, RDN, LD

“*Your Nutrition Solution to Inflammation* answers all your questions plus more about inflammation. Author Kimberly Tessmer takes a complicated topic and breaks it down into manageable steps so you understand what is going on in your body and how you can take back control. It will be a resource you return to often.”

—Bonnie R. Giller, MS, RD, CDN, CDE, Certified Diabetes Educator/ Certified Intuitive Eating Counselor

Research has shown that chronic inflammation can be a root cause for many serious illnesses, including heart disease, certain types of cancers, some autoimmune diseases, and even Type 2 diabetes. In addition, managing persistent inflammation can be the key to reducing painful symptoms from conditions such as arthritis and fibromyalgia. Although inflammation can be your body’s main response to healing, if it persists and serves no useful purpose, it can seriously damage your health.

*Your Nutrition Solution to Inflammation* provides a nutritional treatment option you can live with, arming you with the tools you need to free yourself from a lifetime of medication, pain, and long-term health problems. You will learn about:

- The latest medical information on inflammation, as well as a simplified overview of diseases related to inflammation.
- Tips on nutritional intake, anti-inflammatory foods, and the lifestyle changes needed to find relief without relying on medications.
- Other nutritional supplementation that can aid in your journey to find permanent relief.
- Easy-to-follow meal plans to help you establish a life without the symptoms and pain of inflammation.

A pill isn’t always the answer!

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