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Healing With Whole
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(Paperback) Published
November 5th 2002 by
North Atlantic Books
Third Edition,
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Both approaches advise to minimize or eliminate foods that are highly processed, deep fried, high in sugar, or high in saturated or trans fats (O'Keefe et al., 2008). Instead, whole grains, lean protein sources, fruits, vegetables, and nuts are key components of an anti-inflammatory diet.

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Through the Art of
Eating: Demystifying**

...

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