



Meals That Heal Inflammation: Embrace Healthy Living and Eliminate Pain, One Meal at a Time

By Julie Daniluk

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“Making a healthy shift in diet can be tough. Julie provides the tools you need to make the change and have healing foods taste great.”

— **Dr. John Gray**, *New York Times* best-selling author of *Men Are from Mars, Women Are from Venus*

“This book is indispensable for anyone wanting to get to the root of illness. Extremely well written and documented, Julie’s book makes it easy to learn how to reverse inflammation naturally.”

— **Zoltan P. Rona, M.D., M.Sc.**, author of *Vitamin D: The Sunshine Vitamin*

Did you know that virtually every health condition from asthma to irritable bowel syndrome is linked to inflammation? When inflammation gets out of control, the result is pain and discomfort—and it’s a phenomenon that’s on the rise. If you’re one of the millions of people who have been affected by allergies, diabetes, skin disorders, heart disease, arthritis, or any other condition ending in “-itis,” then you know firsthand what havoc inflammation can cause. In ***Meals That Heal Inflammation***, television personality and registered holistic nutritionist **Julie Daniluk** shows you how to conquer these health conditions with foods that will make you feel fantastic.

This comprehensive book is packed with meals that can assist the body’s healing process—all while treating your taste buds to new and delicious flavors. The recipes, from healing teas to balanced meals and tempting desserts, are simple to make. Whether it’s the savory cranberry quinoa salad or the sumptuous key lime pie, every recipe in this book contains foods that naturally heal inflammation.

Extensively researched and full of reference charts, diagnostic quizzes, food comparison lists, and the latest information about the healing properties of everyday foods, *Meals That Heal Inflammation* is an essential addition to every kitchen.

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Editorial Review

Review

"Like a good friend holding your hand, Julie guides you step by step through the entire health-creating process. Drawing on personal experience and the latest research, she clearly explains what causes inflammation and--more importantly--how to permanently eliminate it. Julie provides several whole food, plant-based recipe options that I agree are excellent for pain-free, high-quality living."

--Brendan Brazier, Professional Ironman triathlete and the bestselling author of *The Thrive Diet*

" "

"What makes *Meals that Heal Inflammation* such a valuable resource is that it's not only tackling the issue underlying some of the most prevalent health conditions of our time, but it's coming from someone who lives the life she advocates for others. Julie has come up against inflammatory issues herself, done an impressive amount of research, and shares clearly with readers what simple steps they can take to feel great."

--Jae Steele, RHN and author of *Get It Ripe: A Fresh Take on Veg*

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--Brendan Brazier, Professional Ironman triathlete and the bestse

About the Author

Julie Daniluk, R.H.N., is a leading nutritionist and the co-host of *Healthy Gourmet*, a reality cooking show that airs on OWN (the Oprah Winfrey Network) in Canada. Julie has appeared on *The Dr. Oz Show*, *The Right Fit*, and *The Marilyn Denis Show*. For 12 years, she was the cooperative owner and the Chief In-Store Nutritionist for one of Canada's largest health-food stores, The Big Carrot Natural Food Market. She lives in Toronto.

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