



BOOK REVIEW

The Inflammation-Free Diet Plan

Monica Reinagel, with Julius Torelli, M.D. (McGraw-Hill, 2006)

Reviewed by John Aiello

(NAPSA)—This time of year diet books abound. Every author seems to have the answer to weight loss and better health contained in his or her latest release. Yet, in reality, most of these books only serve as rehashes of old ideas that offer little substantive help.

But not so with *The Inflammation Free Diet Plan* by Monica Reinagel (one-time Managing Editor for Medical Digest): This book simply crackles with a wealth of new information that should enlighten even the most skeptical of readers.

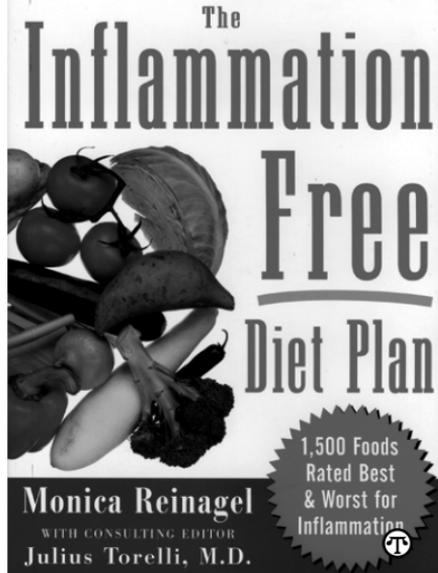
Science has established that the damage inflammation causes within arteries and cell systems can contribute significantly to myriad disorders, including heart disease, Alzheimer's, diabetes, osteoporosis and some cancers—conditions that affect tens of millions of people throughout the world, causing untold hours of suffering.

Inflammation is a deep-rooted problem—but what's the answer to controlling or mitigating its effects? According to Reinagel's in-depth treatise, the answer to reducing inflammation comes in regulating the things you put in your body.

The Inflammation Free Diet Plan explains in detail the role inflammation plays in disease and how it adversely acts upon the body. After providing this necessary background, Reinagel sets forth a tangible dietary plan that the general consumer can use with ease—plotting out what foods are needed for proper metabolic balance and then including several potent recipes to show the direction one should be going in.

According to Reinagel, the best option for success is to customize

The Scientific Way to Lose Weight, Banish Pain, Prevent Disease, and Slow Aging



Should you give any new dietary strategy a try this year, this should be the one.

your inflammation-free diet to your specific needs and tastes, limiting fats and carbohydrates in sensible and sustainable ways. As with any diet, however, healthy dishes must be appealing or the dieter won't last long on his regimen. To this end, Reinagel includes a variety of recipes that make it easy to be health conscious while not sacrificing taste. Foods like avocado salsa, tomato crostini and ginger-marinated tuna bristle with flavor and make eating an event rather than dietary drudgery.

The Inflammation Free Diet Plan by Monica Reinagel is a skillful blend of scientific theory and commonsense application. Should you give any new diet strategy a try this year, Reinagel's should be the one.

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