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Autore	Babb Michelle
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Sommario/riassunto	"Research is showing the connection of inflammation markers in the blood of people with anxiety and depression--there really exists a food-mood connection. Reduce that inflammation, tone up the biome of the gut, and the result is a healthy mind. Nutritionist Michelle Babb (Anti-Inflammatory Eating Made Easy) has been helping clients with this plan and has seen dramatic results. In this book, Babb first explains the science behind this eating plan, then delivers 75 tasty recipes that range from simple to easy-gourmet that will satisfy your taste buds, your microbiome, and your mood!"--