

A collage of various foods known for their anti-inflammatory properties. In the top left, there's a piece of ginger root. Next to it is a small white mesh bag filled with turmeric roots. To the right, a larger white mesh bag contains green leafy vegetables. In the center, a white cloth bag is open, showing green lentils. Below it, another white cloth bag is open, displaying brown lentils. In the bottom right corner, there's a slice of watermelon with its red flesh and black seeds. The text "The Anti-Inflammatory Plan" is overlaid in the center in a black serif font.

The Anti-Inflammatory Plan

Framework Nutrition Guide

O García



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