

A collage of various foods known for their anti-inflammatory properties. In the top left, there's ginger root. Next to it, a small mesh bag is filled with turmeric roots. To the right, a larger mesh bag contains green leafy vegetables. In the bottom left, there are dark, round items, possibly dates or figs. In the center, a white cloth bag is open, showing green lentils. Below it, another white cloth bag is open, showing brown lentils. In the bottom right corner, there's a slice of watermelon with its characteristic red flesh and black seeds.

The Anti-Inflammatory Plan

Framework Nutrition Guide

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