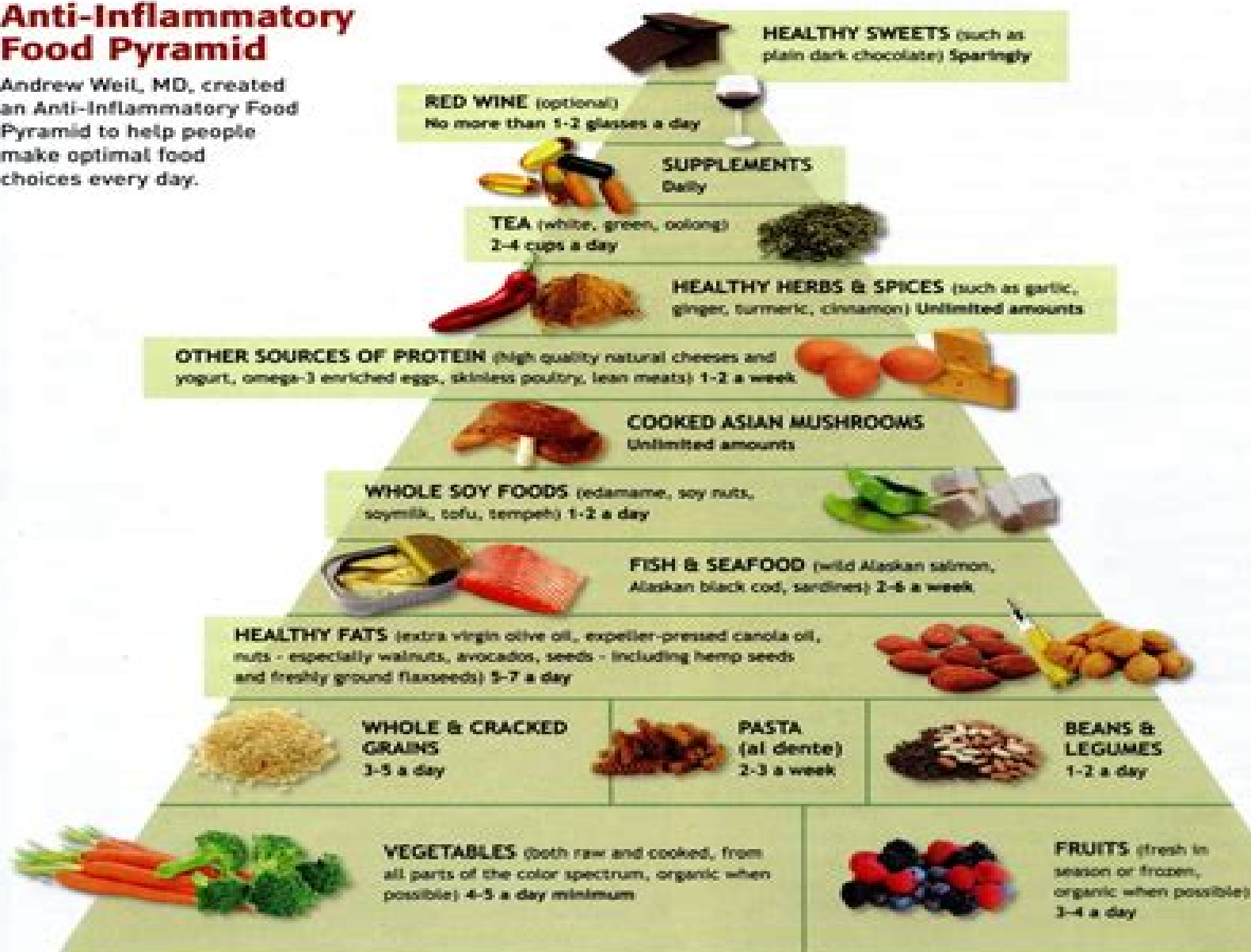


Anti-Inflammatory Food Pyramid

Andrew Weil, MD, created an Anti-Inflammatory Food Pyramid to help people make optimal food choices every day.



Inflammation Food Guide Pyramid

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