

News Of Nutrition

Is Your Low-Carb Diet Aging Your Skin?

(NAPSA)—Low-carb diets, while they may be effective in promoting quick weight loss, have been shown to increase inflammation in the body, according to researchers at the Virginia Polytechnic Institute and University. Not only does this age your skin, but your internal cells and organs as well. The solution is the IF Rating™ system, which shows you the foods that are both low-carb *and* anti-inflammatory.

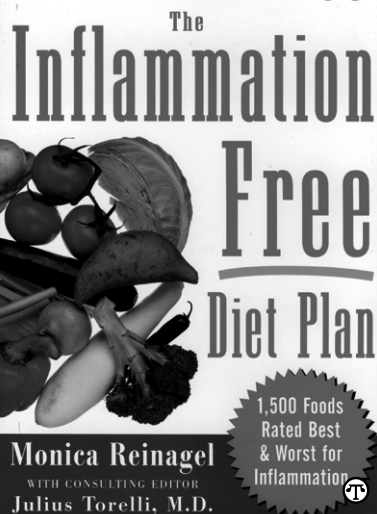
Obesity, wrinkles, heart disease, hay fever, depression...all of these different problems share a common factor: inflammation. Now thought to be at the root of today's most vexing health problems, chronic low-level inflammation is rooted in the foods you eat.

By reading the label, you can determine whether or not a food is high in carbohydrates, fats or sugars, but not whether it's an inflammatory food. In *The Inflammation Free Diet Plan*, nutrition researcher Monica Reinagel takes the confusion and guesswork out of reducing inflammation with her revolutionary IF Rating system, which reveals which foods are best for reducing inflammation and which may make it worse. Using over 20 different nutritional factors to calculate each food's rating, the IF Rating system helps you maximize both health *and* weight loss.

So do you choose the salmon or the steak? You'd probably be surprised at the answer. The IF Ratings reveal that one type of salmon may actually increase your risk of inflammation-driven aging and disease, while certain cuts of steak will reduce inflammation. This new information may change how you think about many common foods.

The Inflammation Free Diet Plan includes:

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



An anti-inflammatory diet slows aging and improves health.

- IF Ratings for more than 1,600 common foods
- Tips to balance the effects of inflammatory foods with anti-inflammatory ones
- Three weeks of easy menus the whole family can enjoy
- An easy, flexible program you can follow for life
- More than 50 delicious anti-inflammatory recipes.

Perhaps the best part is that the plan works almost immediately. You'll notice that your skin looks younger, your joints feel better and your allergy symptoms improve within days after you start. You'll also be reducing your risk of heart disease, Alzheimer's disease and diabetes in the future!

To learn more about how to lose weight, ease pain and allergies, prevent disease and slow aging by reducing inflammation, visit www.inflammationfreediet.com.