

# The Inflammation-Free Diet Plan By Monica Reinagel

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About the Author. Monica Reinagel, M.S., C.N.S., is the author of several health books and creator of the IF Rating(TM) system for estimating the inflammatory effects

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### **Monica reinagel (author of nutrition diva's**

About Monica Reinagel: I m a licensed nutritionist with a Master s of Science in Human Nutrition. The Inflammation-Free Diet Plan:

### **M. reinagel - the inflammation-free diet plan -**

Monica Reinagel WITH CONSULTING EDITOR Inflammation-Free Diet Plan The New York Chicago San Francisco Lisbon London Madrid Mexico City Milan

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Monica Reinagel is a Baltimore-based licensed nutritionist She is the author of The Inflammation-Free Diet Plan and host of the Nutrition Diva podcast.

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The Inflammation-Free Diet Plan Monica Reinagel is the chief nutritionist and host Epicurious.com. Monica's blog on NutritionData.com is seen by more than

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