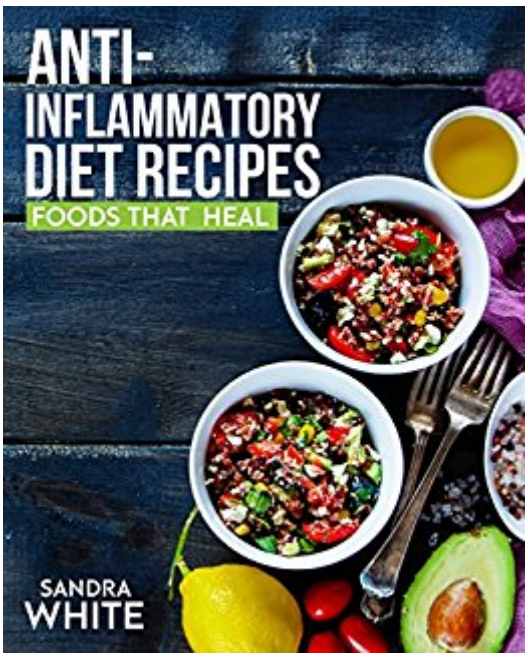
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Anti-Inflammatory Diet: Anti-Inflammatory Diet Recipes: Foods That Heal (Recipes For Beginners, Health, Healing, Recovery, Meal Plan, Osteoporosis, Chronic Pain, Immune System)



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Synopsis

The Life-Changing Anti-Inflammatory Diet withÃ Â Recipes To Restore Your Health!Ã Â Today, millions of people are familiar with chronic inflammation, pain and all the linked health concerns likeÃ Â arthritis, autoimmune conditions, alzheimerÃ¢â ¬â„¢s, chronic pain, gastrointestinal distress, osteoporosis,Ã Â rheumatic diseases, skin conditions, weight gain, all kinds of allergies and more. Sciences indicates that certain foods are the cause of this disease, but with the unbelievable variety of information available on the Internet, in books and on TV/radio, it can be difficult to know exactly which foods to avoid Ã¢â ¬â œ and moreover, which foods to eat to heal your body just through the natural power of food and nutrition.Ã Â Anti-Inflammatory Diet Recipes: Foods That HealÃ Â outlines a clear, balanced, sustainable plan to fight chronic inflammation and pain, change the way you eat forever and heal your body through the natural power of nutrition.In plain english, this book explains what inflammation is, why eating the wrong foods can affect your immune system negatively and what you can do about it in simple, time proven and directly applicable knowledge.Ã Â This book contains the following recipes in a precise, practical way:- the most delicious breakfast recipe for a perfect way to start the day- filling and delightful lunch recipes that provide energy for the day and heal your body Ã Â - healthy, fruity juices, smoothies and snacks- light and tasty dinners which are fast and easy to makeÃ Â It is a manual that can help you to live longer, reduce your need for chronic medications and improve your health and general well-being dramatically. The whole way you want to eat will change completely. But most importantly, if you follow the simple and convenient rules of the Anti-Inflammatory Diet, you will lose all inflammatory-related problems faster than you ever thought possible.So do not hesitate and start your journey to a better life now by adding this book to your cart now!Ã Â Ã Â Tags: Recipes for Beginners, Restore Health, Recovery, Healing, Detox, Clean Eating, Osteoporosis, Chronic Pain, Alzheimer, Rheuma, Arthritis, Autoimmune Conditions, Allergies, Skin Conditions, Weight Loss, Meal Plan, Immune System

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Customer Reviews

I really like this book. I first came across it because somehow it seems professional and helpful to my family. Everything I need to know is adequate: recipes, instruction, advices... and the formatting looks nice: easy to read and eye-catching.

This book is short, easy to read, and packed with useable information. It’s one of those books you will want to take to the market with you like a best friend. I learned new info from this book like some spices can help to reduce inflammation and this way of eating can help reduce the use of NSAIDs as well as help with reflux. And then there are the recipes that are included. I definitely give this book 5 stars and recommend it to everyone. I can’t think of anyone who would not benefit from reading this book.

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