



Anti Inflammatory Diet: 21 Anti Inflammation Recipes to Reclaim Your Health (Paperback)

By Jackson Nash

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Do you suffer from chronic inflammation? Do you feel like you ve run out of options in dealing with it? Do you want an alternative to prescription or over-the-counter drugs? Try the anti-inflammatory diet. BONUS - Download 5 of the BEST E-books ABSOLUTELY FREE that will help you lose weight, melt off fat, and get in great shape! There are many reasons to try the anti-inflammatory diet. It helps you to protect yourself and keep yourself happy and healthy. Chronic inflammation can cause a variety of diseases, including arthritis, food cravings, and even moodiness. It can mask itself under other ailments as well, and it s easy enough to avoid with the anti-inflammatory diet. This book will take you through possible reasons to try it out, ways it can help you, twenty-one delicious recipes as well as tips to help you get started. you don t have to suffer with chronic inflammation when the remedy can be both delicious and helpful, which is exactly what a proper anti-inflammatory diet boils down to. What you will learn after purchasing Anti-Inflammatory...



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