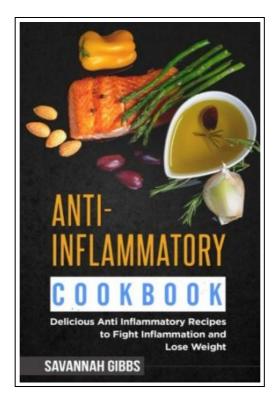
# Anti-Inflammatory Cookbook: Delicious Anti Inflammatory Recipes to Fight Inflammation and Lose Weight (Paperback)



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(Mr. Osborne Homenick)

## ANTI-INFLAMMATORY COOKBOOK: DELICIOUS ANTI INFLAMMATORY RECIPES TO FIGHT INFLAMMATION AND LOSE WEIGHT (PAPERBACK)



Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*\*. Anti Inflammatory Cookbook Have you been feeling pain for a prolonged period of time? Do your injuries simply not heal and you never really feel any better? Inflammation is a response of your immune system to substances and stimuli that are deemed dangerous or unrecognized. Chronic or excessive inflammation is harmful for the body. If you find yourself constantly fighting off signs of inflammation, such as swelling, pain, and irritable bowel syndrome, it could be that you are suffering from chronic inflammation. The main principle of the anti inflammatory diet is to make healthier food choices to heal inflammation. When you get yourself on the right track, the symptoms and effects of inflammation will subside. Problems with heartburn, irritable bowel syndrome, red and itchy rashes, and even arthritis may very well disappear as you fill your body with the nutrients it needs instead of the waste it doesn t. Reading this book will make it easy for you to adopt the anti inflammatory diet. You will learn: - How to follow the anti inflammatory diet - 56 Anti inflammatory recipes for breakfast, lunch, dinner, snacks, and dessert These recipes are not only delicious but will also help you reduce and prevent the painful symptoms of inflammation. Order your copy of Anti-Inflammatory Cookbook now! --- TAGS: anti inflammatory diet, anti-inflammatory, fight inflammation.

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