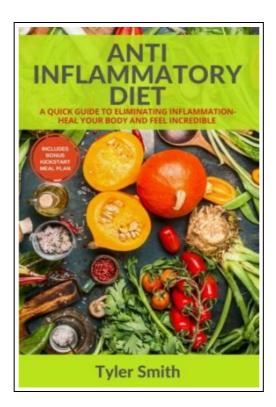
Anti-Inflammatory Diet: A Quick Guide to Eliminating Inflammation-Heal Your Body and Feel Incredible (Paperback)



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Reviews

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ANTI-INFLAMMATORY DIET: A QUICK GUIDE TO ELIMINATING INFLAMMATION-HEAL YOUR BODY AND FEEL INCREDIBLE (PAPERBACK)



Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Eliminate Inflammation and Feel Incredible! Would you like to get rid of pain, increase your vitality and reclaim your life? Would you like to improve your skin and lose weight? Would you like to boost your immune system and heal your body? With the Anti-Inflammatory Diet, that is exactly what you will get. You will learn the science behind how inflammation works, its negative effects on our bodies and the numerous benefits that come from fighting it with the Anti-Inflammatory Diet. This book will explain all the necessary information for you to learn and follow an Anti-Inflammatory lifestyle. Included is a kickstarter meal plan to help you start off on this diet and reclaim your life. This book is for anyone who wants to prevent or treat chronic inflammation. It is meant for those who want to live a pain-free life and enjoy each day to the fullest. Begin your journey towards a healthier body now with the Anti-Inflammatory Diet. What will you learn in this book: The Anti-Inflammatory Diet explainedHow the Anti-Inflammation/Understanding InflammationInflammation and HealingCauses of InflammationPain and InflammationDiseases Associated with InflammationWhat is Chronic Inflammation?Types of Food EatTypes of Food to AvoidTop Anti-Inflammatory FoodsBenefits of the Anti-Inflammatory Diet: Reduced chronic painStronger Immune SystemYounger looking skinHealthier hair and nailsWeight lossReduced blood pressure Improved kidney functionProtection against CancerLower risk of heart disease Increase in energy levels Drop in CholesterolAnd the list goes on.Take charge of your health today and get a copy of this book for a limited time discount of only \$13.28!.

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