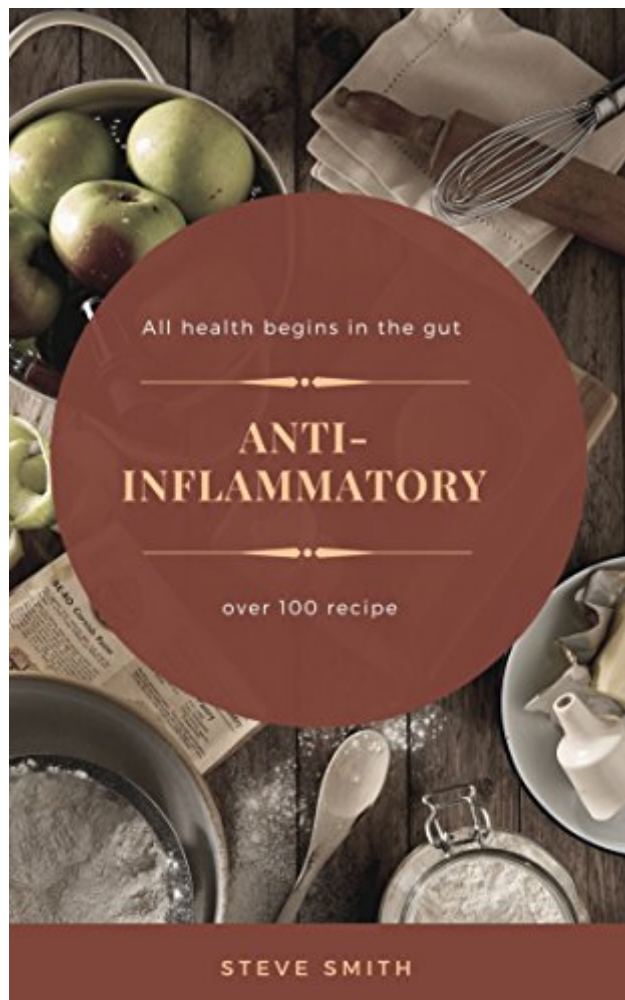




The book was found

Anti-Inflmattory Diet: Over 100 Recipes For Arthiritis,body Pain And Weight Loss



Synopsis

In this book, you will find all the fundamental information you need to learn to understand the importance of following the Anti-Inflammatory Diet. You will learn which foods can help you fight inflammation, and which ones aggravate it. Most importantly, you will learn how to start the Anti-Inflammatory Diet and Lifestyle. Included are fifty recipes for breakfast, lunch, dinner, desserts, and smoothies to help you transition to the Anti-Inflammatory Diet right away. All of the recipes call for simple and affordable ingredients that you can quickly find in grocery stores and farmer's markets. The recipes are likewise easy to follow, which makes them suitable to any beginner. Through this book You will get unique over 100 anti-inflammatory diet recipe

Book Information

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