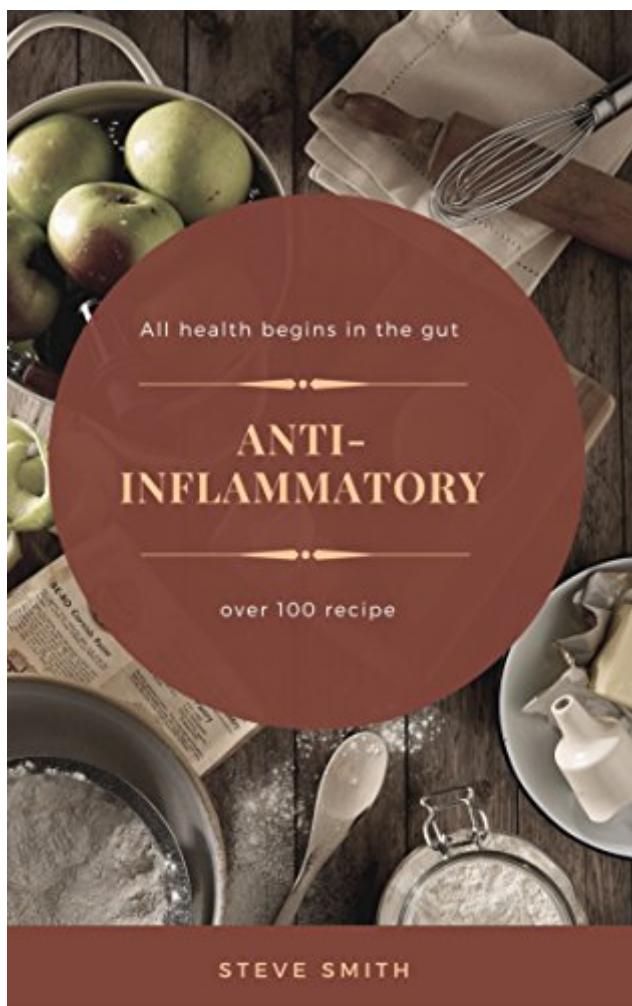


The book was found

Anti-Inflammatory Diet: Over 100 Recipes For Arthritis, 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 farmerâ™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

File Size: 977 KB

Print Length: 122 pages

Publication Date: August 13, 2017

Sold by:Â Digital Services LLC

Language: English

ASIN: B074SCMJP5

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #12,573 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #3 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Immune Systems #12 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Alternative Therapies #14 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Immune Systems

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