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The Complete Anti-Inflammatory Diet for Beginners : A Stress-Free Meal Plan with Easy Recipes to Aid Immune System Recovery Mahmoud sultan, Did you know that making dietary changes such as eliminating processed foods can help reduce inflammation that is believed to be a major contributor to chronic pain The Essential Anti Inflammatory Cookbook makes it easy for you to start and follow an anti inflammatory diet that can be easily customized to specific inflammatory conditions What distinguishes this Inflammation Diet book EASY MEAL PLANNING Follow a simple two week meal plan that includes anti inflammatory ingredients and easy to use shopping lists to help jump start the diet Simple Satisfying Recipes The majority of these healthy recipes require 5 main easy to source ingredients found in most grocery stores Food Training Check out the helpful lists in this cookbook for foods to enjoy and foods to avoid on the anti inflammatory diet Make a simple change in your diet to reduce your body s inflammation with the Complete Anti Inflammatory Diet for Beginners

Anti-Inflammatory Diet Jason Michaels,2018-04-11 Transform your body and your life by making these easy inexpensive changes in your diet If you re faced with chronic pain daily fatigue or just want to lose weight then you ll know just how frustrating it is getting the right answers Because you see traditional medicine has very little use when it comes to your diet And most doctors have no clue about nutrition They think your unexplained symptoms are a mere quirk or worse all in your head But is living in excruciating pain a quirk Is being unable to sleep through the night because you can t find a comfortable position all in your head I think not However now thanks to some incredible discoveries in the nutritional field You can drastically improve your quality of life by making a few wise food choices Simple choices like Sweet potatoes instead of mashed potatoes which reduces bloating Baking with honey instead of sugar which soothes your gut It s smart choices like these which set you on a fast track to recovery And can help you lose up to 25lbs in just 10 weeks In this book you ll discover The absolute best food for healing a leaky gut The 5 best anti inflammatory supplements How to use this one fruit to improve memory and reverse mental decline The real cost of eating healthy much less than you think The drug free way to sooth your IBS 7 foods you won t believe are good for you The number one vitamin Americans are deficient in and how you can reverse this for less than 10 cents a day and much much more Plus not one but two free bonuses Bonus 1 A 7 day low cost anti inflammatory meal plan with costs for each meal Bonus 2 A manuscript containing the wonderful weight loss benefits of Intermittent Fasting So you ll not only get life changing health benefits you ll also lose weight Will this book work for you Each of us is different and that s why this easy to understand book contains an in depth list of various foods and conditions which can be healed with an anti inflammatory diet Whether you have RA autoimmune disease IBS hypertension or leaky gut you can find the answers you ve been looking for So if you re ready to change your life and remember what it s like to feel your best again then click add to cart

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