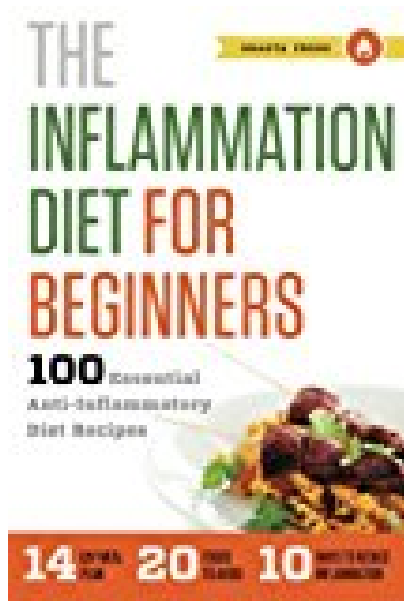


# Inflammation Diet for Beginners 100 Essential Anti-Inflammatory Diet Recipes

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## BOOK DETAILS

- Author : Shasta Press
- Pages : 154 Pages
- Publisher : Shasta Press
- Language : English
- ISBN : 1623152453

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## BOOK SYNOPSIS

Inflammation is the number one cause of modern ailments including allergies, arthritis, diabetes, and cardiovascular disease. The Inflammation Diet for Beginners will show you how an inflammation diet can help you prevent major disease and permanently reduce inflammation. When we consume unhealthy ingredients such as saturated fats, sugary foods, and processed wheat, we trigger our bodys natural immune response to dangerous stimuli, a response that causes inflammation. With The Inflammation Diet for Beginners, youll learn which foods to cut out and which foods to eat in order to reduce this life-threatening reaction and get rid of the painful symptoms of inflammation. The Inflammation Diet for Beginners shows you the healthy, long-lasting way to reduce inflammation, with: 100 simple and nourishing inflammation diet recipes 14-day inflammation diet meal plan to help you relieve symptoms quickly Overview of the science behind the inflammation diet and how it can permanently improve your health 20 inflammatory foods that you must avoid 10 best ways to achieve lasting change An inflammation diet is the single most important tool for reducing inflammation and returning your body to optimum health. The Inflammation Diet for Beginners is your guide to getting--and staying--healthy again.

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