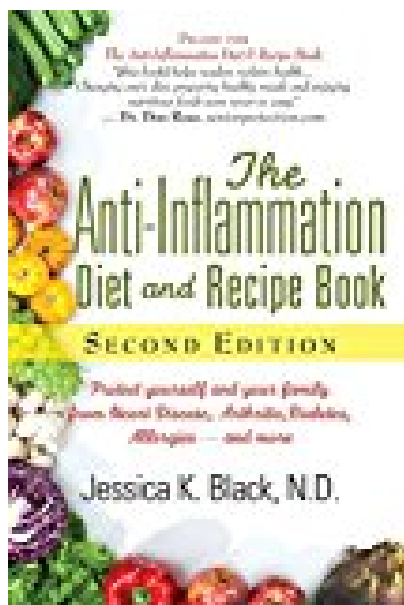


The Anti-Inflammation Diet and Recipe Book Second Edition Protect Yourself and Your Family from Heart Disease Arthritis Diabetes Allergies —and More



BOOK DETAILS

- Author : Jessica K. Black N.D.
- Pages : 260 Pages
- Publisher : Hunter House
- Language : English
- ISBN : 1630269794

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BOOK SYNOPSIS

Drawing on a premise that many common chronic ailments are related to the inflammation caused by incompatible dietary choices, a naturopathic anti-inflammatory diet program outlines the science behind current theories and provides 108 recipes, in a reference complemented by health tips and substitution suggestions. Simultaneous.

THE ANTI-INFLAMMATION DIET AND RECIPE BOOK SECOND EDITION PROTECT YOURSELF AND YOUR FAMILY FROM HEART DISEASE

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