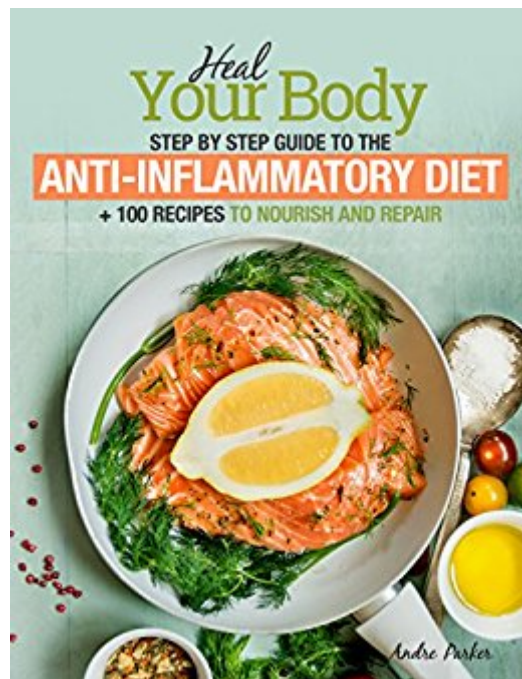




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Anti-Inflammatory Diet: Heal Your Body - Step By Step Guide + 100 Recipes To Nourish And Repair



Synopsis

If you are looking for a diet that will make a real difference to your health, this is the book for you. In fact, this should not be just a diet; it should be a way of life for everyone! Whether you are struggling due to an illness or condition linked to chronic inflammation (everything from rheumatoid arthritis to cancer) or just frequent colds, this book can help you on your quest for good health. According to recent research, there is a direct link between almost every health condition and chronic inflammation. Following an anti-inflammatory diet helps to reverse the negative effects of chronic inflammation and puts you back on the road to good health, physically and mentally. This book is both your one-stop, easy to follow guide to the anti-inflammatory diet and a comprehensive list of easy to make, delicious recipes to ensure that you can stick with the diet at every meal - and in between. - It explains how and why an anti-inflammatory diet can improve your health and change your life for the better. - It sets out the foods that reduce inflammation and the inflammation-causing foods that should be avoided. - It includes 100 delicious and easy recipes that focus on helping your body heal itself by reducing the inflammation in your body. - The recipes cover every meal of the day as well as snacks, desserts and even dressings. All of which are easy and simple to make and not to mention nutritious and delicious! - The recipes cater to people with all sorts of food allergies as all of the recipes are gluten-free, dairy-free, soy-free and sugar-free, and many of the recipes are vegan. You should notice a huge difference within just a few weeks of following the anti-inflammatory diet, leaving you with more energy, a clearer mind, fewer cravings, glowing skin and a slimmer waist, as well as relief from the many symptoms caused by chronic inflammation. This guide and this cookbook will be the best investment in your health that you have made in a long time! Get your copy and start your healing journey now!

Book Information

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Customer Reviews

This is the fourth book I have purchased by this author and everyone one of the books I have learnt a lot about my own body, and how to feed by body with healthy but tasty recipes that will help heal my gut. This book taught me a lot about inflammation and really opened my eyes to some symptoms that I have been experiencing and possible reasons behind them. The recipes were easy to make as well - I loved the zucchini muffins

I have read a few books on auto immune conditions and anti inflammatory diets and this is one of the better cookbooks out there. I've just finished reading the guide and its easy to follow. I've tried the matcha smoothie bowl and the berry smoothie bowl so far and both were delicious, my little one enjoyed the berry one especially. There is also a whole section on SIDES, SAUCES & DRESSINGS which is actually good to see.

I'm so glad I got this cookbook! It's full of great info and I'm really enjoying the recipes a lot. It's actually one in a series, and so far, I'm loving every one of them!

I can't wait to try the recipes. Simple diet changes can change your life. I lost 8 pounds and feel better just eating plant based foods and quitting sugar and soda.

Easy to follow recipes including nutrient / macro breakdowns.

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