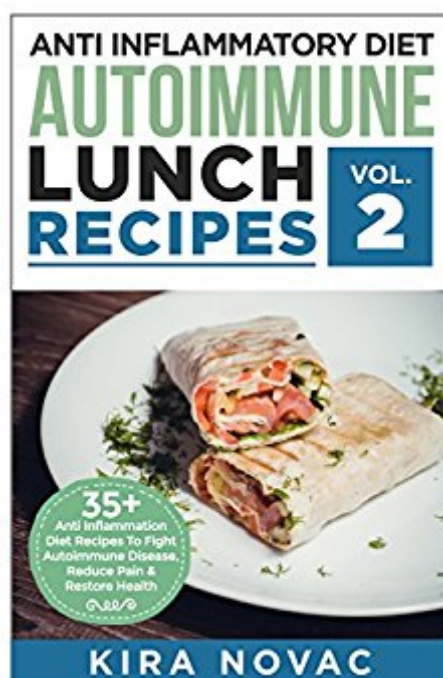


The book was found

Anti Inflammatory Diet: Autoimmune Lunch Recipes: 35+ Anti Inflammation Diet Recipes To Fight Autoimmune Disease, Reduce Pain And Restore Health (Autoimmune ... Anti-Inflammatory Diet, Cookbook Book 2)



Synopsis

Anti-Inflammatory Cooking Made Easy, Exciting, Delicious and Fun! Discover amazingly delicious and family friendly anti-inflammatory lunch recipes that will help you relief pain & fight back the autoimmune disease symptoms! What's Included: Anti-Inflammatory Paleo Recipes - Tasty, Energizing and Guilt-Free! Anti-Inflammatory Vegetarian Recipes - Delicious, Nutritious and Full of Variety Anti-Inflammatory Vegan Recipes - Naturally Alkalizing, pH Rebalancing and Great for Detox Amazing & Healing Soup Recipes with some Under 10-Minute Recipes for Busy People The beauty of incorporating anti-inflammatory foods into your daily diet is that you are making healthy and sustainable changes. When reducing systemic inflammation in the body, you are working to prevent potential diseases such as cancer, diabetes, arthritis and many more. You are also providing your children with the crucial nutrient base they need to grow into happy, healthy adults. Embrace a healthy, anti-inflammatory diet and lifestyle so that you can heal yourself with food and get to the root of the problem. Eradicate the following: Feeling like you are constantly or too-frequently craving sugar (refined OR not) and starch Feeling "addicted" to sugar and that with willpower alone, you simply can't say no Feeling sluggish or tired Trouble sleeping/insomnia High amounts of stress and wanting to support your body with food (emotional eating) Digestive symptoms such as bloating, gas, acid reflux, pain, trouble digesting Frequent allergic symptoms such as itchiness, hives, runny nose, redness Foggy brain Increased and/or unexplained irritability, anxiousness, moodiness Inability to lose weight Joint pain Headaches Take positive action today. Give yourself the energy you deserve. Forget about pain, inflammation and negativity.

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Customer Reviews

It may sound a bit strange, but it was actually my constant feelings of being tired and sluggish that made me buy this book. I've been struggling quite a while now to combat my sugar addiction (like so many of us), and it's brought me nothing but stress and horrible digestive symptoms, such as gas and stomach pain. Overall, I experienced myself getting more and more moody the longer I've been neglecting my health. I thought it's about time to start prioritizing my health, rather than feeding my addiction to sugar even more. This cookbook has some really nice dishes in it (although I haven't tried them all). But the ones I have tried really made me feel like I can do this. One thing I've realized is that it's not like I have to give up good food altogether just because I want to cut down on my sugar consumption. It's like everything else, I have to train (or re-train) my brain to eat a more wholesome and healthy diet. This book, I feel, will make it easier for me to do that. Really happy I got this book. If you share a similar dilemma as me, I really believe this book will help you.

Inflammation has become the most important aspect to address when we try to achieve our best possible wellbeing. Kira is a new and talented author and as an experienced nutritionist I can say that she really knows what she is doing with these recipes. I have tried a few and not only are they any i inflammatory but they are delicious as well!...Its really important to consider anti inflammatory foods on a daily basis and what better way than to have this book available in your kitchen at all times!

This cookbook is really great for those who are in Anti-Inflammatory Diet. I like the recipes that are in the book. For me, this is nice to read and great recipes to prepare. Also, the instructions are clearly written, therefore, it is easy to follow and understand.

Good info

Good

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