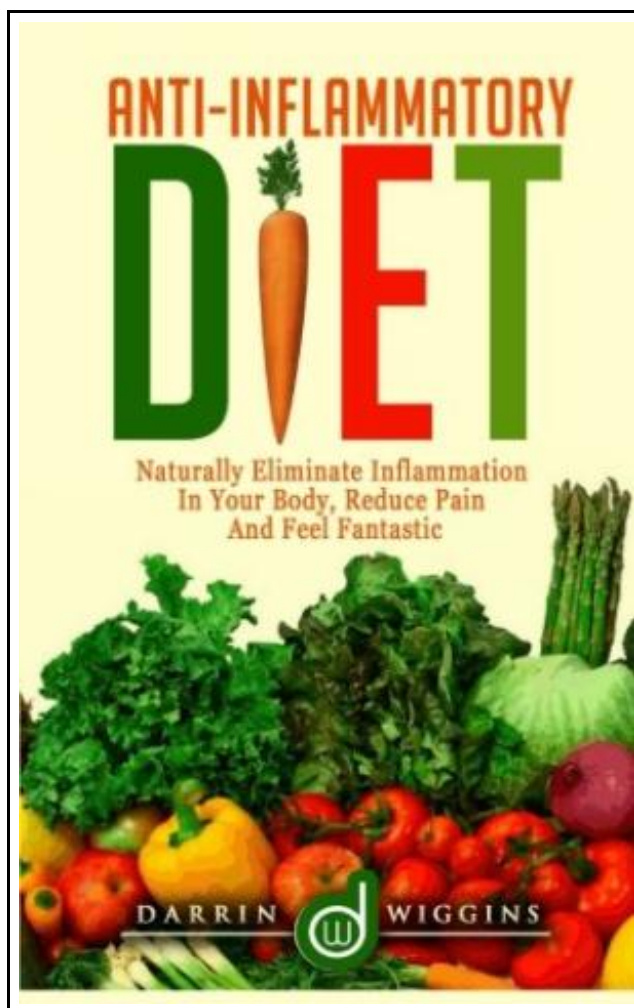


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Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Have you or a loved been given the devastating news that you have a chronic disease caused by inflammation in your body? Do you realize that your diet is one of the main contributors to this inflammation?Anti-Inflammatory Diet For BeginnersMore than ever before what you are eating matters more than how much you eating. Our diets are being run over with processed foods that are damaging our health. It isn t surprising because they are so quick and easy, but the reality is they are slowly killing us.Inflammation in the body is being contributed to many of our chronic diseases which means most of them are possibly prevented with proper diet. You need to have the knowledge and recipes in place to make choosing the right diet easy. Well, you are going to love this book which breaks down how an anti-inflammatory diet works and includes 25 recipes to get you started.What Is An Anti-Inflammatory Diet? Essentially it eliminates many of the allergenic foods that can cause inflammation in the body. It also focuses on reducing the amount of pesticide, hormone and antibiotic laden foods that are so common today.The diet focuses on whole and natural foods which are really what we should all eat anyway but through years of advertising we have been swayed to think that inflammation causing foods are somehow healthy for us. When healthy athletes promote fast food, how can we expect any different especially from young people who are influenced by them.When you eliminate foods that are overly processed, full of sugar and hydrogenated oils, you stand a much better chance of living a long healthy life. If you are used to a junk...



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