



Anti Inflammatory Diet: Beginner's Guide - What You Need to Know to Heal Yourself with Food, Restore Overall Health and Become Pain Free + Recipes + 7 ... For Beginners, Inflammation Cure Book 1)

James Wayne

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Use These Powerful Anti Inflammatory Secrets to Immediately Heal yourself with Food And Restore Your Overall Health

Today only, get this Amazon bestseller for just \$2.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device.

This book contains proven steps and strategies on how to prevent inflammation from ruining your health. When we hear the word diet, we immediately associate it with weight loss. The anti-inflammatory diet does not focus on weight loss though. However, because the food it entails are focused mostly on whole foods and foods rich in omega 3, followers of this diet will experience weight loss to some extent. The main purpose of the anti-inflammatory diet is to decrease inflammation caused by the food we eat. Chronic inflammation is the cause of some of the most common fatal diseases among adults. Preventing food related inflammation will have long-term health benefits to those who engage in this diet regimen.

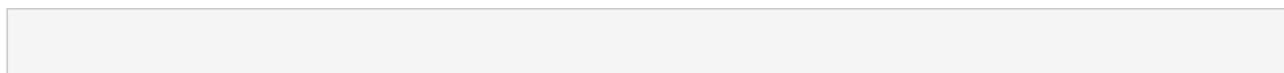
This book will help you understand inflammation better, and you will learn how you can plan your own diet in order to be more healthy, become pain free, and live a happy life!**You need this book.**

Here Is A Preview Of What You'll Learn...

- The Principles of Anti-inflammatory Diet
- Diseases and Health Conditions Related to Inflammation
- Food and Inflammation
- 7-Day Anti-Inflammation Meal Plan
- Anti-Inflammation Meal Recipes
- Much, much more!

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Stephen Louis:

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