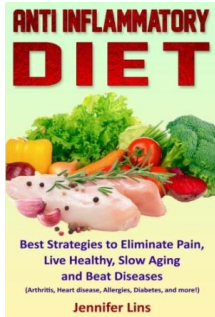


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## ANTI INFLAMMATORY DIET: BEST STRATEGIES TO ELIMINATE PAIN, LIVE HEALTHY, SLOW AGING AND BEAT DISEASES (ARTHRITIS, HEART DISEASE, ALLERGIES, DIABETES, AND MORE!)



Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Anti Inflammatory Diet - Quick Start Guide for Beginners In this book, you will learn the Best Strategies to Eliminate Pain, Live Healthy, Slow Aging and Beat Diseases (Arthritis, Heart disease, Allergies, Diabetes, and more!) The purpose of the anti-inflammatory diet is to promote optimal health and healing by choosing foods that reduce inflammation. If one can successfully...

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- Authored by Jennifer Lins
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