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Eating Clean Recipes for Inflammation: Anti Inflammatory Diet Recipes (Paperback)

By Susan B Greenway

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Do you or a family member suffer from a chronic inflammatory condition (anything from arthritis to allergies to inflammatory bowel disease to cancer)? If so, you have probably heard that eating clean, that is, choosing an anti inflammatory diet, is one of the best self-healing strategies. But how do you get started? Eating Clean Recipes for Inflammation brings you a straight-forward explanation of why this style of eating is so important. Then we get to the heart of the book - an outstanding set of simple healthy recipes for breakfast, lunch, and dinner.and desserts. For instance, enjoy a yummy chicken wrap with vegetables or steamed salmon with lemon zucchini. And, yes, you can still have desserts in moderation. You just choose to use great tasting, healthy ingredients found in these recipes. Then you will delight in topping off a meal sometimes with a cherry sorbet or almond butter cookies. This book will get you launched into a tasty and healthier meal plan today.

Reviews

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