



Anti-Inflammatory Diet: Heal Your Body - Step by Step Guide + 100 Recipes to Nourish and Repair (Paperback)

By Andre Parker

Stretford Publishing, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Whether you are struggling due to an illness or condition linked to chronic inflammation (everything from rheumatoid arthritis to cancer) or just frequent colds, this book can help you on your quest for good health. According to recent research, there is a direct link between almost every health condition and chronic inflammation. Following an anti-inflammatory diet helps to reverse the negative effects of chronic inflammation and puts you back on the road to good health, physically and mentally. This book is both your one-stop, easy to follow guide to the anti-inflammatory diet and a comprehensive list of easy to make, delicious recipes to ensure that you can stick with the diet at every meal - and in between. - It explains how and why an anti-inflammatory diet can improve your health and change your life for the better. - It sets out the foods that reduce inflammation and the inflammation-causing foods that should be avoided. - It includes 100 delicious and easy recipes that focus on helping your body heal itself by reducing the inflammation in your body. - The recipes cover every...



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Reviews

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