



Seemingly Sound Eating Yet Severe Bodily Damage: Inflammation Is Silently Assassinating You (Paperback)

By Robin Dobbins

AUTHORHOUSE, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Inflammation inarguably has been identified as the father of all disease. This deadly assassin slips through the metal detectors via the seemingly good whole foods we ingest, not to mention the dastardly processed ones. In the meantime, twenty-thousand-plus mainstream diet schemes focus on calorie counting, carb shuffling, juicing, fasting, fats elimination, food combining, meal timing, and so forth. All are extremely complex or confusing at best besides overloading you with information. Achieving favorable body composition is their sole goal, a goal driven by the public s demands. Wrong goal! -Seemingly Sound Eating yet Severe Bodily Damage- presents a rather disturbingly uncomplicated plan to eliminate inflammation while helping you achieve maximum nutrition. By simply eating in a manner that maintains your body on the anti-inflammatory side of the ledger will also enable you to avoid the three deadliest food additives-monosodium glutamate, high fructose corn syrup, and trans fatty acids, all silent killers. This book will reveal the way you should eat for a lifetime of permanent health. An anti-inflammatory eating protocol will allow you to avoid the likes of Alzheimer s, Parkinson s, heart...



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