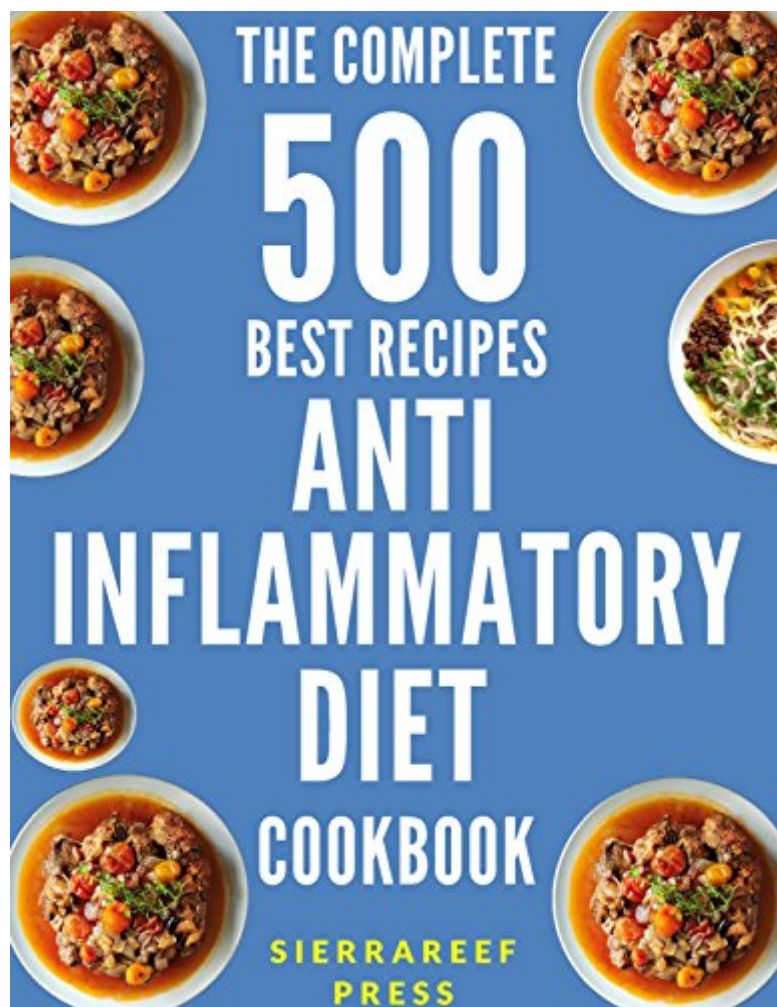


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# **ANTI INFLAMMATORY DIET: ANTI INFLAMMATORY COOKBOOK: ANTI INFLAMMATION: 500 Healthy And Delicious Anti Inflammatory Diet Recipes To Heal Your Immune System(anti ... Inflammatory Foods, Allergen Management)**





## Synopsis

Enjoy these 500 healthy and delicious anti-inflammatory diet recipes to fight inflammation today!\*\*\*\*LIMITED TIME OFFER\*\*\*\*Chronic inflammation has been shown to be the root cause of many serious diseases including many cancers, Alzheimer's disease, and heart diseases. On the body's surface, inflammation manifests as swelling, local redness, pain, and heat. Inflammation occurs as a result of the body's healing response bringing sustenance and more body immune activity to a site of infection or injury. However, when inflammation persists for no reason at all and serves no purpose, it leads to illness and damages the body. Besides serving as the cornerstone of the healing process, dangerous predispositions for inflammation include:- Lack of exercise- Stress- Genetic Predisposition,- Exposure to toxins e.g. secondhand tobacco smoke and - Dietary choices among others. Dietary choices play a significant role in influencing inflammation and learning how certain foods cause inflammation will help you contain it and reduce risks to long-term disease. You can lose weight on an anti-inflammatory diet although it is not meant to be a diet in that sense. The anti-inflammatory diet is also not a diet to take on just for a short time period. This diet is a way of preparing foods that have been scientifically proven to not cause inflammation and that fight inflammation helping your body to maintain optimum health. This cookbook contains a collection of 500 healthy and delicious recipes laden with foods that fight inflammation. Besides fighting inflammation, the recipes contained therein will help provide lots of vitamins, dietary fiber, essential fatty acids, minerals, and protective phytonutrients as well as provide ample energy to your body. In this cookbook, you will learn:- The 500 best anti-inflammatory diet recipes from anti-inflammatory smoothies, breakfasts, main dishes, desserts, sauces and condiments among much more- How to soothe chronic inflammation- The health benefits of the anti-inflammatory diet- Foods that cause inflammation- Foods that fight inflammation- The anti-inflammatory diet foods list- The anti-inflammatory diet shopping guidelines- Tips and Tricks to help you succeed with the anti-inflammatory diet- And so much more! Begin fighting inflammation and achieving optimum health today. Learn what foods are good for your body and receive 450 healthy anti-inflammation recipes to help you mitigate long-term health risks. Get your copy today and never look back. Happy Cooking! Tags: anti inflammatory diet, anti inflammatory foods, natural anti inflammatory, inflammatory foods, inflammation diet, foods that cause inflammation, anti inflammatory foods list, anti inflammatory cookbook, paleo, paleo diet, paleo foods, anti inflammatory, anti inflammation, anti inflammatory recipes

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## Customer Reviews

Good solid recipes

I am so excited about this book. I am 90 yrs. old, have totally lost my appetite and am never hungry till I get weak, down to 103.5 from 114. When I started reading the recipes in this book, I could hardly contain myself. I can't wait to go to the store tomorrow and pick up some ingredients that I need. they all seem simple to make, not a lot of ingredients, but sound so tasty my mouth is watering. I am recommending my youngest daughter borrow it on her prime, as he has a lot of inflammation. I will take a look at their crock pot recipes too as my daughter likes that, (I don't). These recipes in this book are perfect for me.

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