



Anti-Inflammatory Diet: Your Ultimate Guide For Beginners To Healing Inflammation, Alleviating Pain and Restoring Physical Health With Easy To Make Recipes

Jamie Oncher

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Discover the Ultimate Guide to Healing Inflammation, Alleviating Pain and Restoring Physical Health

You're about to discover proven steps and strategies on how to treat chronic inflammation through proper diet. Since chronic inflammation is said to be the root of many serious diseases, you have to treat them before they cause other more serious problems. This book will discuss about the different foods that can help you cure inflammation. Although medications are sometimes advised for these conditions, they can be prevented or reduced by only having proper diet.

Here Is A Preview Of What You'll Learn...

- What is Inflammation
- Diseases Caused by Inflammation
- Anti-inflammatory Diet: The Nutrients Needed
- Anti-Inflammatory Foods and Recipes
- Anti-Inflammatory Recipes
- Much, much more!

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