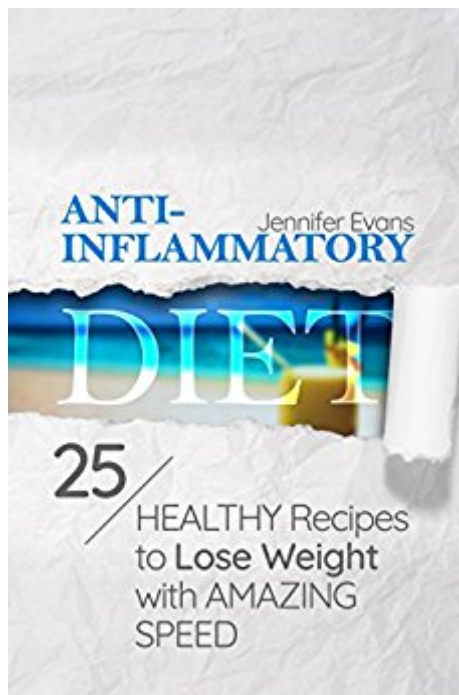




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Anti-Inflammatory Diet: 25 Healthy Recipes To Lose Weight With Amazing Speed



Synopsis

The main secrets of Anti Inflammatory diet are: Getting fishy Eating plenty of colorful fruits and vegetables Adding olive oil to your daily ratio Having nuts as a snack Sounds tasty, doesn't it? Scroll to the top and press the Buy Now with 1-Click button The benefits of this diet also extend to the reduction of risk involving Cancer, Breast Cancer, Alzheimer's and even Parkinson's disease. Under the cover you'll find: Only the best and 100% Anti-Inflammatory recipes for breakfast, lunch, dinner, sides and desserts The directions that are easy to follow Nutritional value and number of portions for each recipe Prep and cooking time for each recipe Grab your copy right away!

Book Information

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Customer Reviews

Wasn't what I expected

This book is phenomenal for anyone trying to steer toward anti-inflammatory foods! The author does an incredible job of clearly laying out what is causing inflammation in your diet and then does an equally fantastic job proposing alternatives that help cut back on inflammation. Not only that but she

goes above and beyond by offering countless recipes for every meal. I loved the breakfast recipes in this book, because I have busy mornings and most of these recipes are very easy and quick to make for an on-the-go meal. Great purchase, would recommend to anyone going through a similar situation!

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This is a helpful book for people who have Inflammation and loaded with useful information that will improve health. It is important to know how much diet affects the body and this book provides an insight as to why. It contains a lot of information concerning foods that cause inflammation and foods that are beneficial for reducing inflammation. I love that this book comes with a couple recipes to get the diet going!

I'm in love with this book. I really like how simple it is to follow and easy to understand. I'm sold on the anti-inflammatory diet. This is the first book about the anti-inflammatory diet I have read. This one goes into what foods to avoid, what foods to eat and some cooking tips before it goes into all the recipes. There are some tasty recipes in here, with complete menus and shopping lists to make it easier.

Very good book . This one goes into what nourishment to maintain a strategic distance from, what sustenance to eat and some cooking tips before it goes into every one of the formulas. Great purchase, would recommend to anyone going through a similar situation!

As someone who struggles with joint inflammation, headaches and constant bloating, I have constantly been told that medication is the answer to all my problems...and then they get worse...and then I over-medicate. The food is good, or at least I like most of it. The food is great, I haven't felt as if I am restricted in my diet in anyway. Clearly illustrated too which helps.

I love to collect different copy of recipes luckily I got this already and I found it really nice it was composed of interesting healthy recipes which I can try in my everyday meal and as a food blogger, I am really interested in trying different kind of food that can actually lose weight while eating it's incredible that eating can also help everyone in losing weight it's just a matter of great meal plan and discipline and this book would help.

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