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Anti Inflammatory Cookbook: Guaranteed, Award-Winning Recipes for You to Lose Weight, Avoid Pain and Mental Fog, Stay Fit, and Enjoy the Better Things in Life with This Proven 28 Day Meal Plan (Paperback)

By Allan Attwood

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.You will be amazed when these secret strategies and new, scrumptious recipes immediately eliminate your inflammation, give you a natural high - and an excited feeling of well-being! As pain and inflammation disappear you will be capable of doing things you could previously only dream of. The 28 day meal plan gives you all of the tasty recipes you need to assure you of balanced nutrition and is especially formulated to eliminate pain and allow you to feel younger, more beautiful, and more virile. Best-selling nutritionist and diet expert Allan Attwell delivers a fresh take on managing chronic inflammation. Attwells research has proven that by focusing on the foods we eat, we can reduce and eliminate pain and inflammation in our bodies. Conquer chronic inflammation once and for all Conquer chronic inflammation once and for all by following the directions and the delicious recipes in this anti inflammatory cookbook. Simply start at day 1 of the complete meal plan and enjoy a delicious breakfast, healthy lunch, filling supper, and satisfying snack every single day for 28 days. This book give you everything...



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