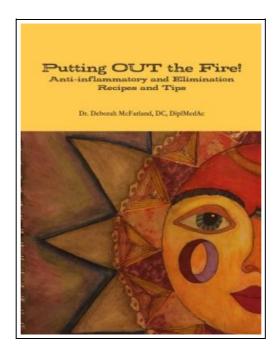
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Reviews

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(Lexie Paucek PhD)

PUTTING OUT THE FIRE! (PAPERBACK)



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Lulu.com, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Inflammation, the most common underlying component chronic conditions. It is has -itis , it is inflammation. If there is pain, there is inflammation. This book is not written for the mainstream population that believes a balanced diet is a PopTart in each hand. HOWEVER: If you are willing to do what it takes to get better, this is a great start. The biggest problem with an anti-inflammatory/elimination diet is knowing how to fix yummy food. There really isn t one book that I have found that addresses all of these restrictions. This book is cost friendly, providing charts of those foods that don t necessarily have to be organic, how to make your own Kefir, Kombucha, Sprouts and Yogurt as well as nut milks and nut butters. It s NOT perfect, likely quite a few typos. Not all of the recipes will be just right, you may have to tweak for your own tastes, ect. But it is a good base and foundation. There is a companion Food Tracking and Stats Journal available for sale. Bon Apetite!.



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