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## Anti Inflammatory Diet Your Complete Beginners Guide and Anti Inflammatory Course to Protect Your Heart, Body, and Mind How to Reduce Inflammation - . Pain, Beat Heart Disease, and Feel Amazing

By Larry Kennedy

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 30 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. Anti Inflammatory Diet - The Beginners Guide to Inflammation Control Your Complete Beginners Guide and Anti Inflammatory Course to Protect Your Heart, Body, and Mind About the book: Anti-inflammatory Diet The anti-inflammatory diet is largely misunderstood as another weight loss diet. This book explains in detail the science behind this diet and the benefits associated with it. And yes, let me clear that misconception right away: The anti-inflammatory diet is not a weight loss diet! However, following this diet may just stimulate weight loss because you would begin to consume loads of health promoting foods. The world today is impacted by a myriad of diseases. This book explains the connection between inflammation and disease along with providing some helpful strategies to boost great health and diminish inflammation. You also get to understand the manner in which you can practice this diet in real life along with an insight on other anti-inflammatory practices that can act as a catalyst in your journey to good health! Here are some of the benefits of following this diet: - Disease free lifestyle (reduction in...



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