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Anti-Inflammatory Diet: The Best Recipes for Healthy & Pain Free Living: 180+ Approved Recipes for Healing, Fighting Inflammation and Enjoying a Pain ... ... Increase Your Health and Aid Weight Loss)

Abel Evans

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Take Your Health into your own hands and discover the Path to Pain Free Living with these Healing Recipes For Fighting Inflammation!
This is the only book on The Anti-Inflammatory Diet you will ever need!

Delightfully practical and Concise with Easy steps and Delicious Recipes to follow.

This guide will help you understand how your body responds to food and help you make the right health choices!

Some of the questions we answer in this book are:

- What is inflammation?
- Diseases and health conditions attributed to inflammation
- 11 important anti-inflammatory principles
- Four Spices That Pack a Powerful Anti-Inflammatory Punch
- Other Potent Anti-Inflammatory Spices
- A Healthy Hormonal System = A Healthy You!
- Take some time out to plan your day
- Cultivate healthier life habits
- Implementing an exciting exercise regime

Learn how to Eliminate Chronic Inflammation to Live a more Happy an Vibrant Life

In the words of Marcus Valerius Martial ~ "Life is not merely to be alive, but to be well."

Here Is A Preview Of The Nutritious Anti-Inflammatory Recipes you will find in this book:

- Oat Porridge with Cherry & Coconut
- Power Breakfast Smoothie
- Ginger Berry Anti-Inflammatory Smoothie
- Gingerbread Oatmeal Breakfast
- Apple, Ginger and Rhubarb Muffins
- Healthy Breakfast Frittata
- Ginger and Buckwheat Granola
- Yummy Gluten free Crepes
- Spicy Pumpkin Soup

- Tuna salad – a Healthy twist on the Mediterranean Classic
- Green Caesar Salad with Chicken Wrap
- Roasted Pepper and Sweet Potato Soup
- Potato and Smoked Salmon Tartine
- Curried Red Lentil and Butternut Stew
- Classic Winter Fruit Salad
- Caribbean Monk Fish Salad
- Beefy Bean Soup
- Roasted Coconut Bass with White Wine
- Warm & Spicy Shrimp Stew
- Stuffed Chicken Breast served with Citrusy Green Beans
- Roasted Wild Salmon
- Poulet Provencal
- Anti-inflammatory Bone Broth
- Spicy Sweet Potato Black Bean Burgers with Avocado Crema & Sprouts
- Blueberry Clafoutis
- Bûche de Noël
- Out of this World Coconut Flour Cake
- Fresh Fig Tart
- Anti-inflammatory Turmeric Tea
- Warming Ginger Tea

Each recipe has some informative facts about the ingredients in the recipes!

Are you ready to Improve your Overall Health, Live a more Radiant Life?

?Take Your Health into your own hands and purchase this book to transform your LIFE!?

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Brenda Luna:

The book untitled Anti-Inflammatory Diet: The Best Recipes for Healthy & Pain Free Living: 180+ Approved Recipes for Healing, Fighting Inflammation and Enjoying a Pain ... ... Increase Your Health and Aid Weight Loss) contain a lot of information on the idea. The writer explains the woman idea with easy approach. The language is very clear and understandable all the people, so do not really worry, you can easy to read this. The book was published by famous author. The author provides you in the new period of time of literary works. It is possible to read this book because you can continue reading your smart phone, or program, so you can read the book with anywhere and anytime. If you want to buy the e-book, you can open up their official web-site along with order it. Have a nice examine.

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