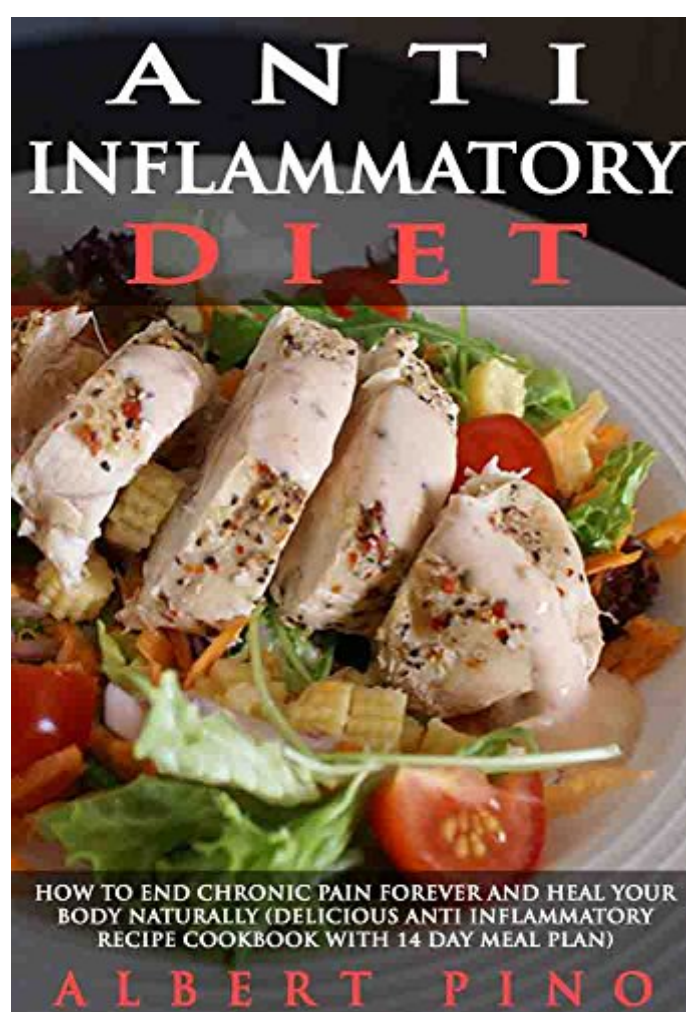


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# Anti Inflammatory Diet: How To End Chronic Pain Forever And Heal Your Body Naturally (delicious Anti-inflammatory Recipe Cookbook With 14 Day Meal Plan)



## Synopsis

Kiss your pain goodbye with this complete 14 day anti inflammatory meal plan! Today only, get this bestseller for just \$2.99. Kindle edition regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device! If you suffer from excessive inflammation and chronic pain, this is the book you have been waiting for! We are living in a world of increasingly frightening statistics. Nearly 1 out of every 5 Americans suffers from arthritis. Heart disease, one of the major killers in the developed world, impacts 1 out of every 4 Americans. Even IBS (irritable bowel syndrome) is on the rise, causing problems for roughly 1 out of every 6 Americans. Finally, diabetes is estimated to affect almost 1 out of every 3 people in America. All of this adds up to not only a reduced quantity of life for many people, but also a reduced quality of life. Don't let yourself be one of these statistics! This book will show you exactly how you can promote health, energy, and longevity, while reducing painful inflammation, and even losing weight! Each day has three delicious anti inflammation recipes for breakfast, lunch, and dinner! Simply start at day 1 and follow the complete meal plan each day for two weeks. The delicious award winning recipes in this anti inflammatory diet cookbook treat food as the honest and natural source of nutrition that it is. Most recipes are primarily vegetable based (and with a few substitutions the entire meal plan could easily be completely vegetarian or vegan). The ingredients are unprocessed and free of the many unpronounceable chemicals that plague modern diets and can lead to chronic pain from inflammation. The recipes are delicious but not overly complex and require no exotic equipment or significant cooking background. A sustainable anti inflammatory lifestyle - not a restrictive starvation diet. The anti inflammatory recipes in this book are not based on adhering slavishly to arbitrary rules about consuming certain things at certain times, or writing off entire macro-nutrient groups as off limits. At its core, living an anti inflammation lifestyle embraces a simple philosophy: treat food as natural medicine and eat real, healthy food, in its fresh and natural form. No processing, chemicals, or preservatives required. Do something good for your health today! Do something good for yourself and begin your anti inflammatory diet today. In just 14 days, when you have personally seen the difference a clean eating, healthy, anti inflammation diet can make in your life, I'm sure you will have no desire to go back to eating processed, inflammation causing, nutrient deficient foods that so many people are slowly killing themselves with in our modern food dystopia. Let this book show you the amazing alternative available to you today so that you can embrace a new and improved you in only 14 days! Start today by grabbing your copy of this book and enjoying all the benefits that come with living a pain free life!

## Book Information

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## Customer Reviews

This book is fantastic and well written. By the help of this book I have learned about the anti-inflammatory diet and some delicious recipes. Actually, I had a huge interest to know & learn more about this diet plan. A few weeks ago, my cousin suggested me about this book and that was the main reason to purchase this book. By reading this book I have learned about 50+ anti-inflammatory breakfast recipes. There are also a lot of great recipes. Each of these recipes will let you know which of the categories they fall in to as well. I love smoothies, so I was glad to see a lot of recipes for those. They also have other recipes that include soups, breakfast, stews, salads, vegetarian dishes and so much more. I would highly recommend this book to anyone. The format of the book is very simple and easy to follow along. What I loved most about this book is that it provided information on foods that can cause inflammation and foods that can help you to avoid inflammation. This book provides notable foods considered anti-inflammatory, an array of anti-inflammatory meals and recipes, that aids those suffering from pain and inflammation. The recipes provided were very appealing and appetizing as much as its healthy and nutrients rich meals.

This is an excellent anti-inflammatory diet book. I have had inflammation causing pain in various parts of my body that no one would want, so I've been seeking a good book with a good plan on how I can reduce inflammation, and this anti-inflammatory diet book definitely does deliver. Since following the guidelines in the book, the pain has gone down, and I truly feel much healthier. The book is well written and the instructions are quite clear. I highly recommend this book to anyone suffering from pain due to any kind of inflammation. It has definitely worked for me!

My overall conclusion about this highly educative book is that it has everything a book of this sort should have. The author motivates you to stand up for your health and start paying more attention to something that most people nowadays are blind to. And it is through this book, we will be presented with such remedies as well as how to prepare recipes consisting of a healthy diet in order to hasten the healing process. It's worth a try!

This is a very good book. It explains your acid/alkaline balance. Some people think it's genetics because their parents were overweight. Weight gain is not hereditary. Your environment plays a major part. If you become 'over-acid', you become overweight. You have to balance your pH scale to 7 in your 10 pH scale. This book directs you of what to eat, and what to avoid (cough sugar cough). If you adhere to this diet, it works, because you definitely are what you eat.

I think poor dietary choices, stress, lack of exercise and genetic predisposition are some of the major factors for the outbreak of excessive inflammatory conditions in the body. The best way to avoid excessive and destructive inflammation in the body is to first understand what causes it, and then to avoid those causes. This book focuses on using food as a method of reducing inflammation in the body.

This has made me realize how much processed junk can do to your system. I've been having stomach issues and decided now was the time to make the change. The author pumps you up with great information and yummy recipes. He helps you restock your cupboard so you have many of the unusual staples that are used for substitutions. You'll learn to omit certain foods and how to live without them. I don't know if this diet is sustainable but I do know it has taught me a bunch.

This book doesn't only provide recipes to preventing inflammatory disease but it also supplies a detailed and thorough explanation of the disease so one can completely understand it. Also, aside

from just putting up a list of recipes, Albert Pino listed and explained list of foods one can eat to reduce inflammation. Overall, this book is a good grab.

if you've consistent inch struggled from inflammation and chronic pain, then this book is just the answer to your problem as this piece radiantly in precise terms reveals how one can promote good health and live a long life with reduced painful inflammation.

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