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Anti-Inflammatory Diet: The 30 Day Guide to Boost Your Immune System and Restore Your Overall Health to Leave You Feeling Amazing (Paperback)

By Sarah Stewart

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Boost your Immune System, Reduce Inflammation, and Live a Healthier Lifestyle with the 30 Day Anti-inflammatory Diet Are you suffering from chronic inflammation? Would you like an easy and efficient way to boost your immune system and learn how to enhance your health for the rest of your life? With the Anti-Inflammatory Diet 30 Day Guide to Boost Your Immune System and Restore Your Overall Health to Live a Better Lifestyle by Sarah Stewart, you ll be given all the tools you need to soothe and manage chronic inflammation by following a simple yet flavorful anti-inflammatory diet. Sarah Stewart not only shows you how to make simple and easy anti-inflammatory recipes that taste delicious, but she also offers advice and strategies for how to incorporate the anti-inflammatory diet into your lifestyle so you can experience the best possible results. The essence of an anti-inflammatory diet is EMBRACING foods that are rich in. Fiber (vegetables and grains)Antioxidants (fruits and spices)Omega-3 fatty acids (fish and nuts)And AVOIDING foods that are high in. Artificial sweeteners (soda and candy)Trans fats (margarine and vegetable oil)Carbohydrates (white breads...



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