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Anti Inflammatory Diet: The Ultimate Diet Guide That Will Help You Lose Weight, Reverse Aging, Eliminate Pain, and Restore Your Overall Health (Paperback)

By Hannah Parkes

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Learn the Secret to Restore Your Health and Eliminate Inflammation Forever! This anti-inflammatory diet guide will Help Relief Your Pain and promote Weight Loss. This NEW Edition Includes 31 New Recipes Each Day of the Month! Hello Friend, Are you tired of feeling groggy, run-down, and being in pain? Do you want to lose weight and improve your quality of life? Chances are, a lot of your day-to-day problems are centered on the food that you are eating. The anti-inflammatory diet guide is more than just a diet; it is a lifestyle change. By adjusting how you think about food on a day-to-day basis, you will reap the benefits. Top benefits of the Anti-inflammatory diet: 1) Weight loss and achieving a healthier lifestyle through clean eating 2) Reverse aging and make your skin look young 3) Significant pain reduction in problems such as inflammation 4) Combating fatigue 4) Reduced arthritis complications 5) Better digestion 6) Healthier hair and strong nails 7) Better attitude and strengthening mental health 8) Overall health and feeling refreshed Inflammation is the body's natural...



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Reviews

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