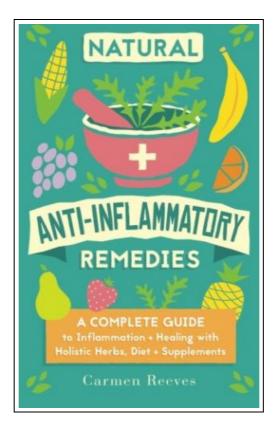
Natural Anti-Inflammatory Remedies: A Complete Guide to Inflammation Healing with Holistic Herbs, Diet Supplements (Paperback)



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NATURAL ANTI-INFLAMMATORY REMEDIES: A COMPLETE GUIDE TO INFLAMMATION HEALING WITH HOLISTIC HERBS, DIET SUPPLEMENTS (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Natural Anti-Inflammatory Remedies: A Complete Guide to Inflammation Healing with Holistic Herbs, Diet Supplements Learn about how inflammation works, what it can do to your health, its development into potentially dangerous diseases. but also, how to manage and heal it at home! While the term inflammation sounds quite simple, this nagging symptom is becoming a major facet of health-but quickly rushing to the forefront of study in health struggles all around the globe. It has been mostly overlooked, but now it is being suspected as a contributor to larger diseases, and an important physiological precursor to study and better understand how these diseases develop. Something so simple-sounding as inflammation, which you might be familiar with in terms of allergies or minor scrapes and injuries, can in fact be an enormous, all-encompassing process in your body that leads to greatly diminished health, energy, an quality of life-and it doesn t limit itself to any one part of the body. In fact, inflammation is implicated in some of the most prevalent diseases in the developed world, including diabetes, heart disease and arthritis. Think inflammation is taking a toll on your health? Well, you ve stumbled upon the right book! Within these pages, I will give you the tools to tackle all kinds of basic inflammation, in its variety of forms: even if it s dealing with something as minor as stomach inflammation, joint pain, or even a headache. But at the same time, I will equip you with empowering knowledge that could also stave off some of today s most modern and vilified diseases. Why you must have this book: Learn how inflammation works, how it can be a key player in...

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