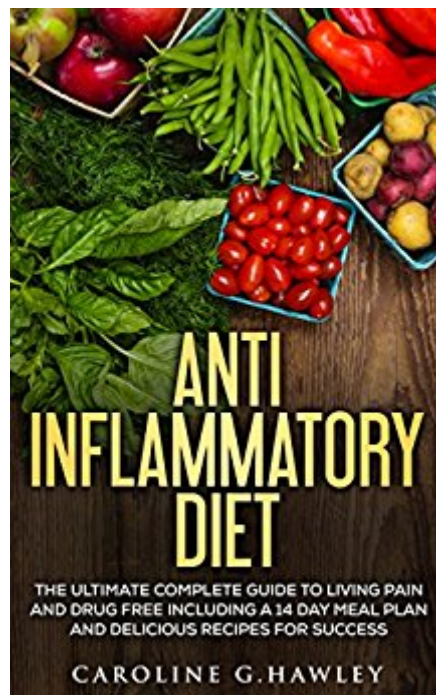


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# Anti Inflammatory Diet: The Complete Guide To Living Pain And Drug Free- Includes A 14 Day Meal Plan And Delicious Recipes For Success



## Synopsis

Have you been experiencing diarrhea, abdominal cramps, mood swings, headaches, body pains, or insomnia? Are you suffering from chronic inflammation and are keen to know more about the disease? Are you looking for anti-inflammatory foods and anti-inflammatory diet plans that deliver on their promise to cut back symptoms and give you some respite? Finally, do you seek more control on the things that are currently affecting and impacting your life? Well, if the answer is a resounding âœYESâ •, then youâ™ll be happy to know that the key to understanding and overcoming your symptoms is just a click away. Intrigued and want to know more? If âœYESâ • again, then your thirst for knowledge and answers has just been answered! This book has been specifically written for YOU! Bonus Chapter included Recipes for snacks, deserts and shakes

Chronic Inflammation is a not a disease but a symptom- Unfortunately, if left undetected or ignored, this symptom can have a domino effect on the body thatâ™s capable of triggering bigger and more serious issues. You see, chronic inflammation is considered to be the root cause of a host of ailments, including heart ailments, tumor formation, obesity, intestinal diseases, IBD, IBS, arthritis, Alzheimerâ™s disease and even cancer. Whatâ™s alarming is that nearly 15% of our population continue to suffer its symptoms without ever being fully aware of it- they simply brush away any symptom as being âœjust a passing phaseâ •. Well, if truth be told- Itâ™ not! While awareness and medicine can play a huge role in controlling the symptoms, consuming foods that reduce inflammation can nip the illness in its bud. Simply put, when youâ™re no longer consuming foods that cause inflammation, youâ™re also less likely to suffer from any symptoms. Filled with practical and factual guidance, this book provides all the information youâ™ll need to both- understand your symptoms and develop effective management strategies. While it does not promise to cure the condition in anyway, it gives you a low-down on all that you need to know about the condition. Inside, youâ™ll discover:

- Foods that cause inflammation
- Foods that fight and reduce inflammation
- The best anti-inflammatory recipes
- Some anti-inflammatory herbs
- The anti-inflammatory diet plan

With it, I promise you one thing- that youâ™ll no longer have to be sick. On the contrary, youâ™ll have the power to choose your road to recovery. So, what are you waiting for? Read this book and watch it transform your health- for good. Good Luck!

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## Customer Reviews

Most of the anti inflammatory diet that I have read just basically gives out recipes and that is it. That is why I find this eBook, the best among all that I have read so far. Health is very important that is why I am reading this. What makes this eBook best for me is that, it practically discusses everything. From the history (brief introduction) up to the very end of the recipes. I love it and I enjoyed reading it.

I personally love carrot and chickenpea soup!Ugh. So yummy! The instructions are very easy to follow because it has been well written. Never had any hard time :) The ingredients as well are not hard to find. That is why, I am getting crazy of this book! Not just a a typical diet eBook, but a great buddy! I am trying to make everything in here but first, I'll jump into quick cheese bread for the mean time. Lol. Nom nom nom.Overall, this is an awesome diet!

The meal plan is beyond better. This book exceeds my expectations! Well done Hawley :) This is a

very helpful diet. It helps relieve and prevent diseases such as diarrhea, abdominal cramps, mood swings, headaches, body pains and insomnia. My 99c is definitely worth it. This is so worth it!

I like the author - Caroline G. Hawley's writing style. Very clear and concise. So easy to understand. I have learned a lot by just reading this book. So effortless. Thanks Caroline for making this possible to readers like me to read. I suffer abdominal pain from time to time that is why I bought this book. The signs and symptoms clearly happens to me. I am really glad to have this as my diet. Now, I no longer worry with anything as long as I follow the diet meal plan.

Wow. Seems like there are a lot of recipes in this diet book. Did not expected that! I was so happy that I was able to read this as I have a friend who have been looking for an effective anti inflammation diet. After reading this book, I can now recommend this to my friend! I know it can be a great help because personally, I am judging this book as a great one. Well done and really helpful. Your money will be worth it.

The meal plan in this book is something that I could always repeat not in just 14 days but lifetime! It was great and friendly for me. I admire this book. Thanks Caroline for providing a great anti inflammation diet. A reader like me is so lucky to have such. A helpful and informative book. Everything is provided in here. You will absolutely love it!

With these recipes in here, I feel like I am not on a diet nor anything. Because everything is so damn delicious! Wow. I have nothing to say but perfect! Job well done! I specifically love the salads - pasta salad and also the barbequed chicken salad. They are so yummy and very easy to create. No hard times! Wonderfully written.

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