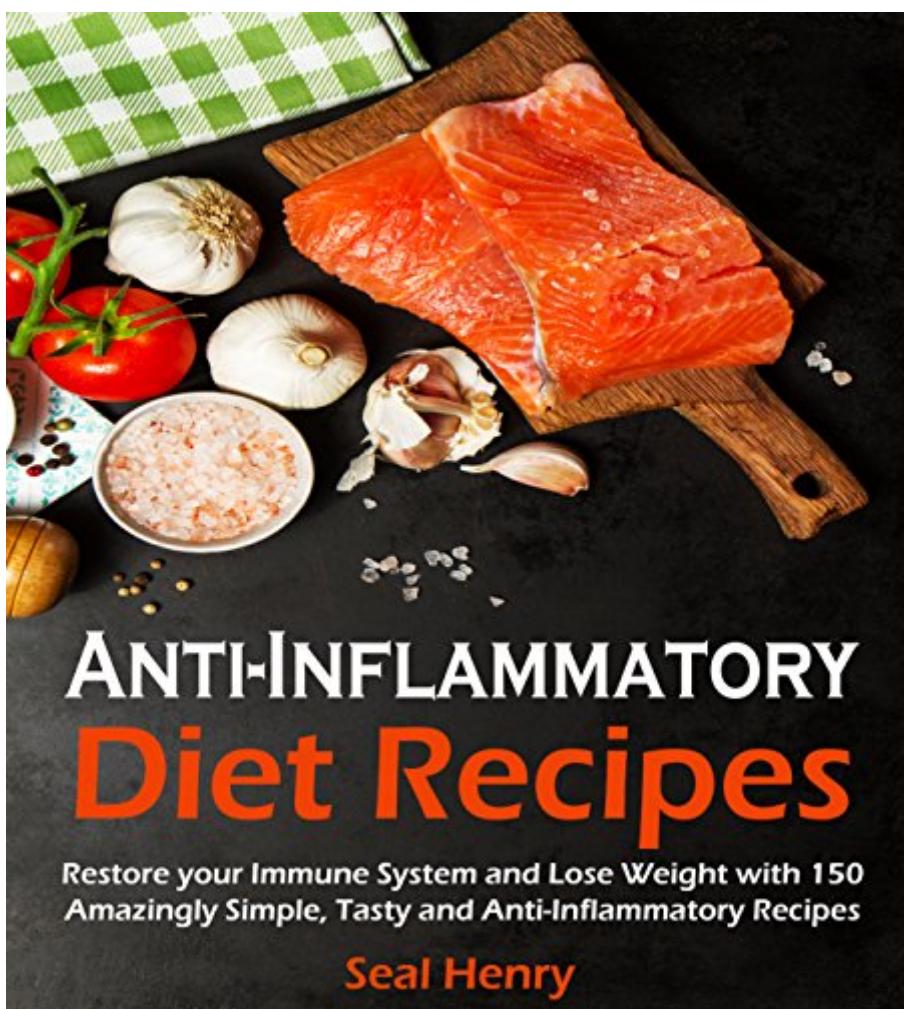


The book was found

Anti-Inflammatory Diet: Restore Your Immune System & Lose Weight With 150 Amazingly Simple, Tasty Anti-Inflammatory Recipes



Synopsis

Change your lifestyle, heal your gut and stay lean for life. Your body will thank you for keeping it healthy. The population suffers from excess inflammation or a number of people have an autoimmune disorder. Inflammation is a natural part of life. The best way to prevent this in excess is to change your lifestyle to be healthier. Between these pages is 150 Amazingly tasty anti-inflammatory recipes for you to enjoy, they are super easy and quick to prepare. Take care of your body because the greatest wealth is your health. Grab Your Copy today, fight inflammation and enjoy healthy life.

Book Information

File Size: 2523 KB

Print Length: 184 pages

Publication Date: May 17, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B0714DP6DS

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #64,179 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #4 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Respiratory #10 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lung & Respiratory Diseases #11 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Respiratory

Customer Reviews

I for one don't have a considerable measure of irritation issues, fortunately yet I do think this is extremely useful when continually being watchful for new sound methods for cooking and formulas. Simple formulas with not very many fixings which I like from that point forward my body does not have separate much. Cherish it!

I personally don't have a lot of inflammation issues, luckily but I do think this is very informative when always being on the lookout for new healthy ways of cooking and recipes. Easy recipes with very few ingredients which I like since then my body does not have break much down. Love it!

None of the recipes in this book tell you how many it serves. It only lists ingredients, and how to prepare, and temperature for how long to cook. One would think, the way it is written, that each recipe is for 1 serving. Any recipe books that I have give you this important information. I just looked through this book today extensively today and because it has gone beyond the 30 day return policy, I'm stuck with a useless recipe book, that I can't even give away to a charity.

No photos

Great recipes and easy to follow eating plans to suit all. If you suffer from any inflammatory diseases I highly recommend this book, it explains the inflammatory reasons and how many of the foods we eat worsen the condition. The recipes are not complicated, they are really easy to follow. You know sometimes recipes have a ton of ingredients and can get overwhelming, she makes it extremely easy. The research in this book is really good as well.

Not for me. I don't have many of the ingredients on hand such as hemp protein powder & chestnut flour. Also, there no page numbers making it difficult to find recipes.

I am new to anti-inflammatory eating and this book explains it very well. Even if just lose weight, from these delicious looking recipes, that would help. Good cookbook!

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