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Anti Inflammatory Diet: The Ultimate Anti-Inflammatory Diet Recipes! (Lose Weight Now!) (Volume 4)

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Start Healing Inflammation Today!

Chronic inflammation can cause serious diseases such as Alzheimer’s, cancer, rheumatoid arthritis and heart diseases. Normally, inflammation is the body’s reaction to infection or injury. Lifestyle habits such as smoking, stressful work, lack of exercise and unhealthy meals can trigger chronic inflammation.

To fight inflammation and to prevent it from getting serious, you have to undergo an anti-inflammatory diet. Aside from helping with weight loss, the diet plan can also help prevent diseases. It aids in keeping your health in balance.

“The Ultimate Anti Inflammatory Diet Recipes!" contains a big list of breakfast, lunch, and dinner recipes for people who undergo an anti-inflammatory diet. Each recipe shows the needed ingredients, procedures and health information such as calorie count, fat content, cholesterol amount and sodium content.

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