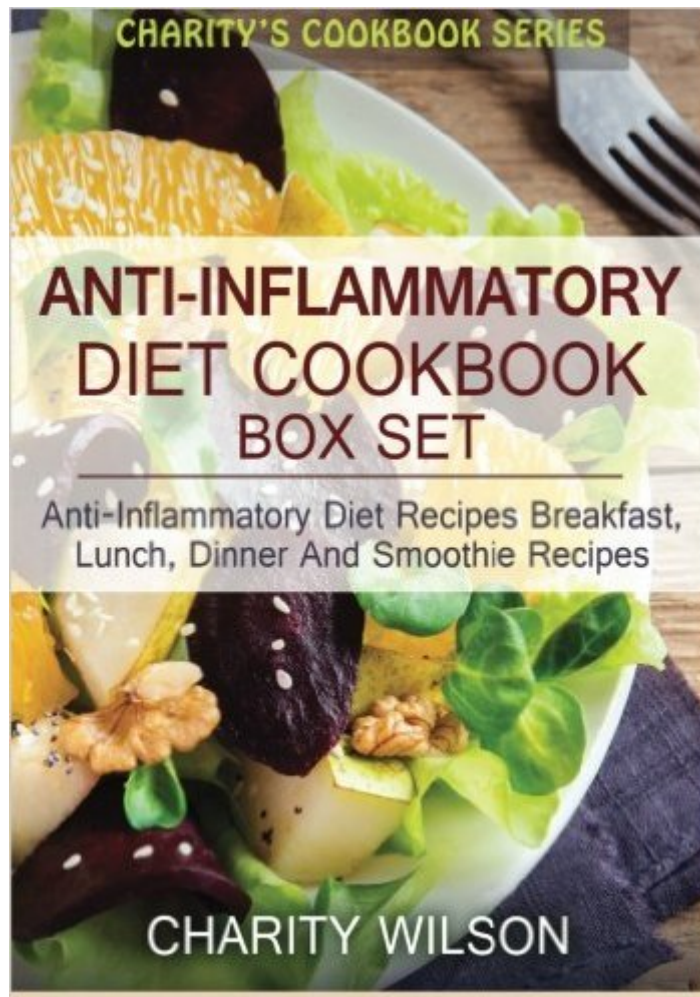


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# Anti-Inflammatory Diet Box Set: Anti-Inflammatory Diet Recipes Breakfast, Lunch, Dinner And Smoothie Recipes



## Synopsis

**Anti-Inflammatory Diet Cookbook Collection**No longer a physical box set and now in one convenient book. Have you or a loved been given the devastating news that you have a chronic disease caused by inflammation in your body? Do you realize that your diet is one of the main contributors to this inflammation?**Anti-Inflammatory Diet For Beginners**More than ever before what you are eating matters more than how much you eating. Our diets are being run over with processed foods that are damaging our health. It isn't surprising because they are so quick and easy, but the reality is they are slowly killing us.Inflammation in the body is being contributed to many of our chronic diseases which means most of them are possibly prevented with proper diet. You need to have the knowledge and recipes in place to make choosing the right diet easy.**What Is An Anti-Inflammatory Diet?**Essentially it eliminates many of the allergenic foods that can cause inflammation in the body. It also focuses on reducing the amount of pesticide, hormone and antibiotic laden foods that are so common today.The diet focuses on whole and natural foods which are really what we should all eat anyway but through years of advertising we have been swayed to think that inflammation causing foods are somehow healthy for us. When healthy athletes promote fast food, how can we expect any different especially from young people who are influenced by them.When you eliminate foods that are overly processed, full of sugar and hydrogenated oils, you stand a much better chance of living a long healthy life. If you are used to a junk filled diet, it can take some time to get used to an anti-inflammatory diet. Start to slowly replace your current unhealthy meals with the recipes inside this cookbook and before long you will feel like a whole new person.If great tasting food isn't enough the anti-inflammatory diet is also thought to help prevent or treat the following conditions:**Alzheimer's diseaseCancerDiabetesHeart diseaseInflammatory bowel diseasesIrritable bowel syndromelf** we can possibly prevent these diseases with diet than I say what are you waiting for?**Anti-Inflammatory Smoothies**Are you finding it difficult to eat enough anti-inflammatory foods? Did you wish there was a more convenient way to fight inflammation?**Anti Inflammatory Smoothies Quick & Easy**Now I could have given you the same boring smoothie recipes you find everywhere but I thought you deserved some new and exciting smoothies. Admittedly these recipes may not be for everyone but I think you are going to enjoy them. Some examples of the recipes inside are:**Cashew Vinegar SmoothieCurry Carrot and Tea SmoothieFlaxseed Raspberry SmoothieRoasted Chocolate Quinoa SmoothieOrange Tea SmoothieWalcalado Swirl SmoothieChocolate Bean SmoothieCauliflower Berry SmoothieBlack Cabbage Smoothie**With over 100 breakfast, lunch and dinner recipes plus all the smoothie recipes you really have no excuse not to be inflammation free.**Ready To Rid Your Body Of Inflammation?**Download and start changing

your diet today. Scroll to the top of the page and select the buy button.

## **Book Information**

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## **Customer Reviews**

Prevention indeed is better than a cure. In the same sense, this book is better than taking medicine after the damage has already been done. This book serves as a great preventive measure for diseases and illnesses that are a result of my previous unhealthy diet. It's not only informative, it also offers ways to steer clear of food that lead to inflammation. Anti Inflammatory Diet gives you lots of information on inflammation from what it is, to the foods you can eat that aggravate and reduce it. This is by far the best book I have read on the subject. If you are scrolling through, trying to find a good book on inflammatory disease, you should stop now and read this one. I learned a lot and I'm so glad I downloaded it.

This book has some useful ideas for reducing inflammation. It is informative and contains recipes that are easy to interpret as well as produce. It is useful to me personally as I am incorporating more turmeric into my daily diet.

As someone seeking a new style of eating, these books were both informational and user friendly. They provide basic knowledge and easy recipes for beginners of anti-inflammatory eating.

I love box sets and this one takes the cake. Great information packed in. You will be amazed at some of the research that Wiggins brings forth.

Love this book. There are some great recipes and helpful explanation of inflammation and how to lower. Looking forward to using the recipes!

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