



Inflammation Diet for Beginners: 100 Essential Anti-Inflammatory Diet Recipes

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Inflammation is the number one cause of modern ailments including allergies, arthritis, diabetes, and cardiovascular disease. An anti inflammatory diet can greatly reduce your risk of these life-threatening diseases.

The Inflammation Diet for Beginners will show you how an anti inflammatory diet can help you prevent the onset of multiple deadly diseases. When we consume unhealthy ingredients such as saturated fats, sugary foods, and processed wheat, we trigger our body's natural immune response to dangerous stimuli, a response that causes inflammation. With *The Inflammation Diet for Beginners*, you'll learn how to choose your foods wisely on an anti inflammatory diet in order to reduce this life-threatening reaction, and get rid of the painful symptoms of inflammation.

The Inflammation Diet for Beginners will show you how to achieve long-lasting health benefits from an anti inflammatory diet, with:

- 100 simple and nourishing anti inflammatory diet recipes
- 14-day anti inflammatory diet meal plan to help you relieve symptoms quickly
- Overview of the science behind the anti inflammatory diet and how it can permanently improve your health
- Guide to 20 inflammatory foods that you must avoid
- 10 best ways to achieve lasting change and better health using an anti inflammatory diet

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David Bergeron:

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