



Anti-Inflammatory Diet: Easy 7 Day Meal Plan and Recipes to Eliminate Pain: Discover a Quick 7 Day Meal Plan to Improve Your Health and Eliminate the Pain of Inflammation (Paperback)

By Mary Walsh

Speedy Publishing LLC, United States, 2014. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****. Help Improve Your Health and Fight Diseases! Live Life To The Fullest! Don't let Inflammation strike! Inflammation is a silent killer where most killer diseases root from. Don't act when it's too late. Act now. Improve your lifestyle and diet with a healthy meal plan to prevent unwanted inflammation. In this book you get a sampler meal plan, recipes, and more. Here is a list of what you can gain. - An overview of the anti-inflammatory diet - Inflammation health information - Anti-Inflammatory dietary tips - Your 7 day anti-inflammatory meal plan - Anti-Inflammatory Recipes We made it simple for you and packed it in a book to help you start living a life free from radicals and diseases.



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