



Anti-Inflammatory Diet: The Holistic Approach: Alleviate Pain, Stimulate Healing and Restore Vibrant Health (Mouth-Watering Recipes Included) (Paperback)

By Kira Novac

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Anti-Inflammatory Diet, Lifestyle Cooking Made Easy, Exciting, Delicious and Fun! - Discover how much variety you can ENJOY on an anti-inflammatory diet so that you never feel deprived again. - Your guide to eating a healthy anti-inflammatory diet while keeping your taste buds satisfied! SPECIAL BONUS WITH MORE HEALTHY AND TASTY RECIPES: Free complimentary eBook: Gluten-Free, Guilt-Free and Stress-Free Inside! Whether your interest in learning more about an anti-inflammatory diet comes from a medical condition you are experiencing, weight management, and/or simply wanting to achieve optimal health, this is an excellent place to start! Embrace a healthy, anti-inflammatory diet + lifestyle so that you can heal yourself with food and get to the root of the problem. You are just about to discover a simple, doable, 100 natural and holistic solution that will finally help you eradicate the following: Feeling like you are constantly or too-frequently craving sugar (refined OR not) and starch. Feeling addicted to sugar and that with willpower alone, you simply can't say no. Feeling sluggish or tired. Trouble sleeping/insomnia. High...



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