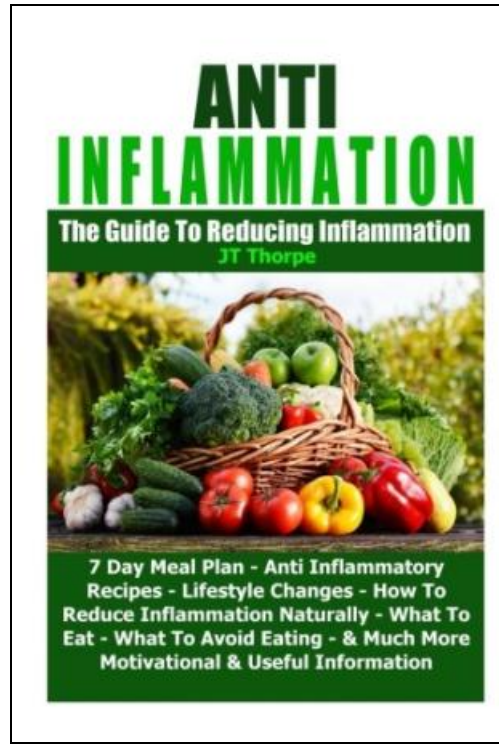


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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This book is printed both in paperback, eBook formats for your convenience. Reduce, and control inflammation naturally, with this helpful guide, that is packed with great information, that you can apply to your life immediately. This unique guide has it all, from motivation tips, to a 7 day meal plan guide, with recipes. Take a look at some of the topics discussed in this guide. So what is inflammation anyway? Signs of Inflammation: Examples of Inflammatory Diseases How to Reduce Inflammation Diet Fat Protein Carbohydrates Herbs and Spices Beverages Putting It All Together Foods to Limit and/or Avoid in Your Diet So What to Eat Instead? A Seven Day Menu How to prepare the Recipes Spinach and Mushroom Frittata Coconut Quinoa Porridge with Ginger and Dates Shrimp and vegetable soup Drunken Mussels Pecan Rosemary Baked Tilapia Fennel, Apple and Celery Salad Tips for adjusting to a new diet The Best (and Healthiest) Ways to Indulge Mexican Hot Chocolate Grilled fruit Banana Ice Cream with Cinnamon and Walnuts Baked Ricotta with Berries The Lifestyle Changes That Will Reduce Inflammation Lose Weight Reduce Blood Sugar Physical Activity Quit Smoking Avoid Repetitive Motions Reduce Stress Preventing Stress Managing Existing Stress Get Enough Sleep Medication Learn all you can about inflammation, and anti inflammatory foods, and be on the right track, towards a healthier you. Grab your copy now, and have a wonderful day. Signs of Inflammation: (Often, only a few symptoms will present themselves in any given case.) -Redness -Joint pain and/or stiffness -Swelling of joints -Joints feel hot to the touch -Flu-like symptoms such as fever, chills, fatigue, headaches, muscle stiffness, loss of appetite. In order to be diagnosed, it is best to visit..

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