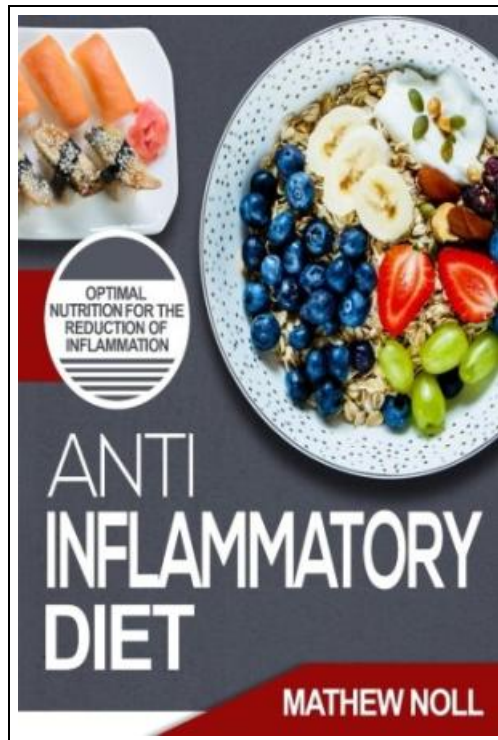


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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Do You Want to Prevent or Get Rid of Inflammation? ***Read this book for FREE on Kindle Unlimited - Download Now!*** Inflammation may occur to anyone and it is perfectly normal. It is the reaction of immune system of our body to foreign bodies. Anti-Inflammatory Diet: Optimal Nutrition for the Reduction of Inflammation is meant to educate you about the entire concept of inflammation, the doctor s view on it, the layman s view on the topic, and how you can heal inflammation whenever required. Here is a Preview of What You ll Learn: What is Inflammation? Inflammation helps in healing wounds? Acute Inflammation and Chronic Inflammation Health Conditions related to Inflammation Foods that can prevent Inflammation Spices and Herbs that have Anti-Inflammatory Properties 7 Day Anti-Inflammation Meal Plan You will find detailed information about acute and chronic inflammation. The former is not harmful for our body and it should be dealt with practically without any treatment. The latter proves harmful for us if it is ignored for a long time. Chronic inflammation requires proper treatment and most of it can be given with home remedies. You will find a mention about every possible thing you can think about inflammation. Like most diseases, chronic inflammation can be cured by making alterations in your diet. The food we consume is responsible for most of our health conditions. If we make positive changes in our diet, we can prevent most of the illnesses. Many herbs and spices can be used to cure almost every illness of humans. In this book, you will also find diseases resulting from inflammation and their cures. Learn How to Get Rid of Inflammation Now! Stop thinking, take ACTION...



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