



# **Anti-Inflammatory Cookbook: Reduce Pain, Increase Mobility, Prevent Further Illness and Live a Fuller Life eating Healing Foods!**

*Katie Lee*

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Heal Inflammation with certain foods and decrease pain When your body sustains some type of damage or injury, it initiates the process of inflammation to help cushion and protect the damaged area from further injury while also starting the healing process. In recent years, scientists and researchers like Dr. Andrew Weil have discovered a link between certain foods and inflammation. Eating these foods can have an anti-inflammatory effect on the body which can help to lessen the severity of certain inflammatory diseases. The anti-inflammatory diet is safe for people of all ages and it is a fairly easy diet to follow. In this book you will learn \*What inflammation is \*Certain stages of inflammation \*Inflammatory conditions and diseases \*What the Anti-inflammatory diet is You will also receive \*25 Anti-inflammatory recipes for Breakfast, Lunch, Dinner, Sides and Snacks \*Detailed two week menu plans to get your started on your anti-inflammatory journey! Scroll up and click Buy Now to start healing yourself naturally with your diet

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