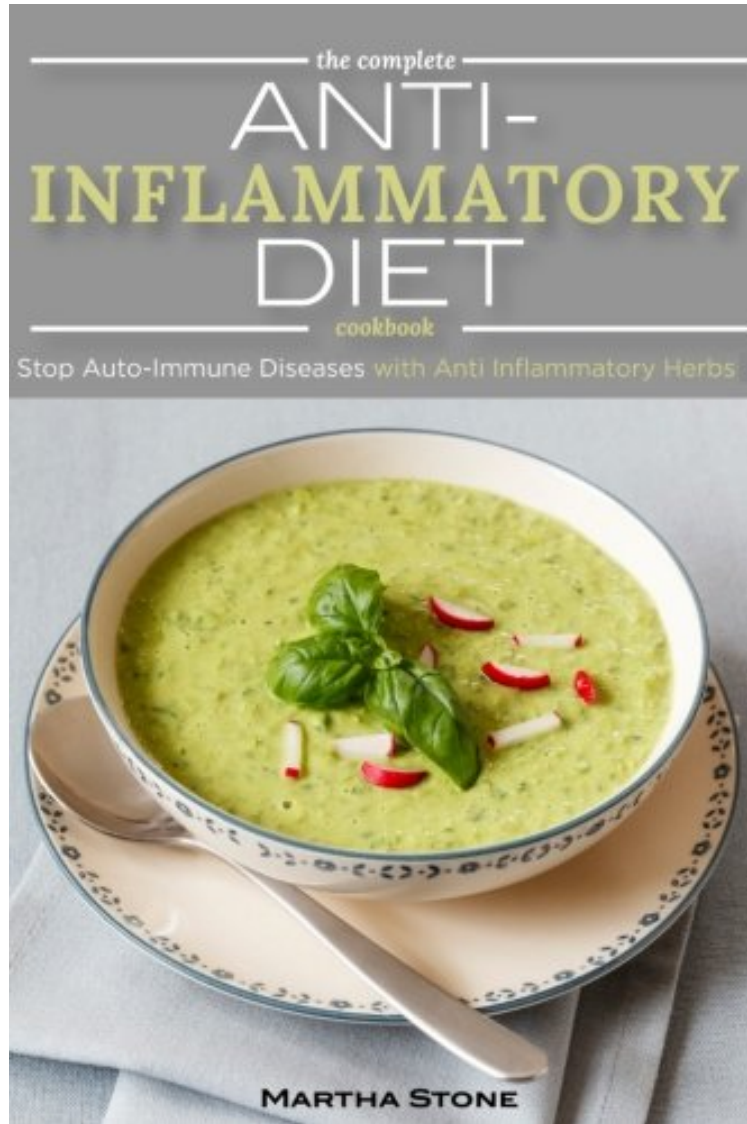


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The Complete Anti Inflammatory Diet Cookbook: Stop Auto-Immune Diseases with Anti Inflammatory Herbs - Anti Inflammatory Smoothie, Breakfast, Lunch and Dinner Recipes

Martha Stone

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Cookbook: Stop Auto-Immune Diseases with Anti Inflammatory Herbs - Anti Inflammatory Smoothie, Breakfast, Lunch and Dinner Recipes:

Chronic inflammation is not something to scoff at. It is a horrible condition that has a negative effect on your daily life. And what's even worse is that various common foods that we consume regularly can actually aggravate and make inflammation worse. Thankfully, "The Complete Anti Inflammatory Diet Cookbook - Stop Auto-Immune Disease with Anti Inflammatory Herbs: Anti Inflammatory Smoothie, Breakfast, Lunch and Dinner Recipes" is here to help! Within the pages of this anti inflammatory diet cookbook, you will find 25 of the most delicious recipes that help keep inflammation at bay. Every recipe included was done so because of their anti inflammatory abilities. Each recipe has been tested on multiple occasions to ensure its accuracy and tastiness for maximum effectiveness. Furthermore, all recipe include: - Complete time it will take to prepare the dish. - Description of the dish so you know what you're getting. - Serving size, which can easily be adjusted by altering the amount of ingredients. - Complete list of ingredients required to make the recipe. - Step-by-step instructions written in such an easy to follow format that anyone, no matter what their past cooking experience, can successfully recreate them. The recipes inside this book contain anti inflammatory herbs to help reduce, prevent and eliminate inflammation caused by foods. There is also a chapter dedicated to anti inflammatory crockpot recipes. And as anyone who has ever used a crockpot knows, these useful small appliances take the hard work out of making dinner. You will also find recipes for anti inflammatory smoothie, as well as breakfast, lunch and dinner dishes. So what are you waiting for? Start reading "The Complete Anti Inflammatory Diet Cookbook - Stop Auto-Immune Disease with Anti Inflammatory Herbs: Anti Inflammatory Smoothie, Breakfast, Lunch and Dinner Recipes" today!