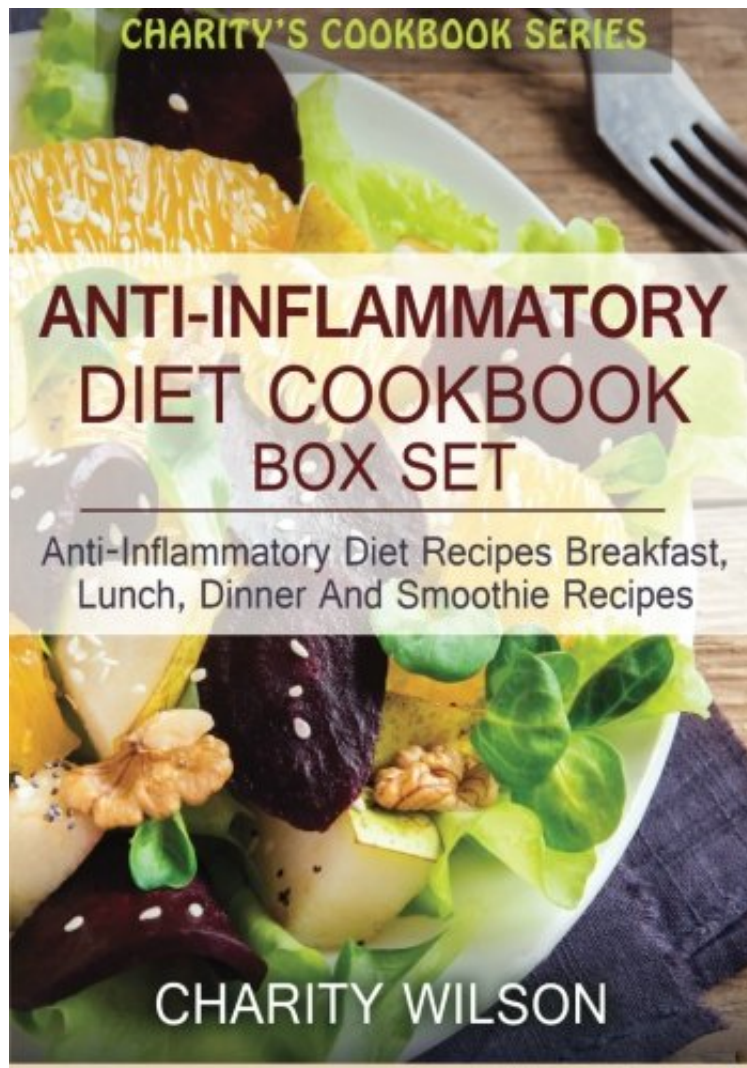


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Anti-Inflammatory Diet Box Set: Anti-Inflammatory Diet Recipes Breakfast, Lunch, Dinner And Smoothie Recipes

Charity Wilson, Darrin Wiggins

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Charity Wilson, Darrin Wiggins : Anti-Inflammatory Diet Box Set: Anti-Inflammatory Diet Recipes Breakfast, Lunch, Dinner And Smoothie Recipes before purchasing it in order to gage whether or not it would be worth my time, and all praised Anti-Inflammatory Diet Box Set: Anti-Inflammatory Diet Recipes Breakfast, Lunch, Dinner And Smoothie Recipes:

4 of 4 people found the following review helpful. Easy to follow the recipes.By AddictThis book has some useful

ideas for reducing inflammation. It is informative and contains recipes that are easy to interpret as well as produce. It is useful to me personally as I am incorporating more turmeric into my daily diet. 7 of 8 people found the following review helpful. This guide is great. By Ma. Antonia Amorsolo Prevention indeed is better than a cure. In the same sense, this book is better than taking medicine after the damage has already been done. This book serves as a great preventive measure for diseases and illnesses that are a result of my previous unhealthy diet. It's not only informative, it also offers ways to steer clear of food that lead to inflammation. Anti Inflammatory Diet gives you lots of information on inflammation from what it is, to the foods you can eat that aggravate and reduce it. This is by far the best book I have read on the subject. If you are scrolling through, trying to find a good book on inflammatory disease, you should stop now and read this one. I learned a lot and I'm so glad I downloaded it. 4 of 4 people found the following review helpful. A new adventure By Paula K. Midock As someone seeking a new style of eating, these books were both informational and user friendly. They provide basic knowledge and easy recipes for beginners of anti-inflammatory eating.

Anti-Inflammatory Diet Cookbook Collection No longer a physical box set and now in one convenient book. Have you or a loved one been given the devastating news that you have a chronic disease caused by inflammation in your body? Do you realize that your diet is one of the main contributors to this inflammation? Anti-Inflammatory Diet For Beginners More than ever before what you are eating matters more than how much you are eating. Our diets are being run over with processed foods that are damaging our health. It isn't surprising because they are so quick and easy, but the reality is they are slowly killing us. Inflammation in the body is being contributed to many of our chronic diseases which means most of them are possibly prevented with proper diet. You need to have the knowledge and recipes in place to make choosing the right diet easy. What Is An Anti-Inflammatory Diet? Essentially it eliminates many of the allergenic foods that can cause inflammation in the body. It also focuses on reducing the amount of pesticide, hormone and antibiotic laden foods that are so common today. The diet focuses on whole and natural foods which are really what we should all eat anyway but through years of advertising we have been swayed to think that inflammation causing foods are somehow healthy for us. When healthy athletes promote fast food, how can we expect any different especially from young people who are influenced by them. When you eliminate foods that are overly processed, full of sugar and hydrogenated oils, you stand a much better chance of living a long healthy life. If you are used to a junk filled diet, it can take some time to get used to an anti-inflammatory diet. Start to slowly replace your current unhealthy meals with the recipes inside this cookbook and before long you will feel like a whole new person. If great tasting food isn't enough the anti-inflammatory diet is also thought to help prevent or treat the following conditions: Alzheimer's disease, Cancer, Diabetes, Heart disease, Inflammatory bowel diseases, Irritable bowel syndrome. If we can possibly prevent these diseases with diet than I say what are you waiting for? Anti-Inflammatory Smoothies Are you finding it difficult to eat enough anti-inflammatory foods? Did you wish there was a more convenient way to fight inflammation? Anti Inflammatory Smoothies Quick Easy Now I could have given you the same boring smoothie recipes you find everywhere but I thought you deserved some new and exciting smoothies. Admittedly these recipes may not be for everyone but I think you are going to enjoy them. Some examples of the recipes inside are: Cashew Vinegar Smoothie, Curry Carrot and Tea Smoothie, Flaxseed Raspberry Smoothie, Roasted Chocolate Quinoa Smoothie, Orange Tea Smoothie, Walcado Swirl Smoothie, Chocolate Bean Smoothie, Cauliflower Berry Smoothie, Black Cabbage Smoothie. With over 100 breakfast, lunch and dinner recipes plus all the smoothie recipes you really have no excuse not to be inflammation free. Ready To Rid Your Body Of Inflammation? Download and start changing your diet today. Scroll to the top of the page and select the buy button.

About the Author Who is Charity Wilson? Charity Wilson is the loving mother of four children, well five if you count her husband of over 25 years. She has worked in various jobs over the years but realized one day home is where she needed to be. After a lot of deliberation and research, she decided to become a full-time writer. Being a full time at home mom and writer sounds like a lot of work and for good reason, it is. She loves every minute of the organized chaos that is her daily life. It is what fuels her ideas and inspires her to write the books she does. She loves to share what she knows and is always willing to learn something new. She loves to cook and create new recipes which you will find shared throughout her various cookbooks. She stays up to date on the most current diets but doesn't particularly follow any one of them. She eats to enjoy while consciously watching her health. She knows people need a variety of recipes to avoid the boredom that leads to weight gain and tries to fill that void. Her passions don't stop at cooking and she is an avid gardener, organizer and loves reading. She is known amongst the kids in the sports community as "the lady with the best chocolate chip cookies ever." She enjoys being able to watch her children play sports and is quite active herself. In the end, you could call her a homebody. Charity is all about living life with passion and enjoying every moment. Life is about enjoying good food, great company and waking up every day happy to do it all over again.