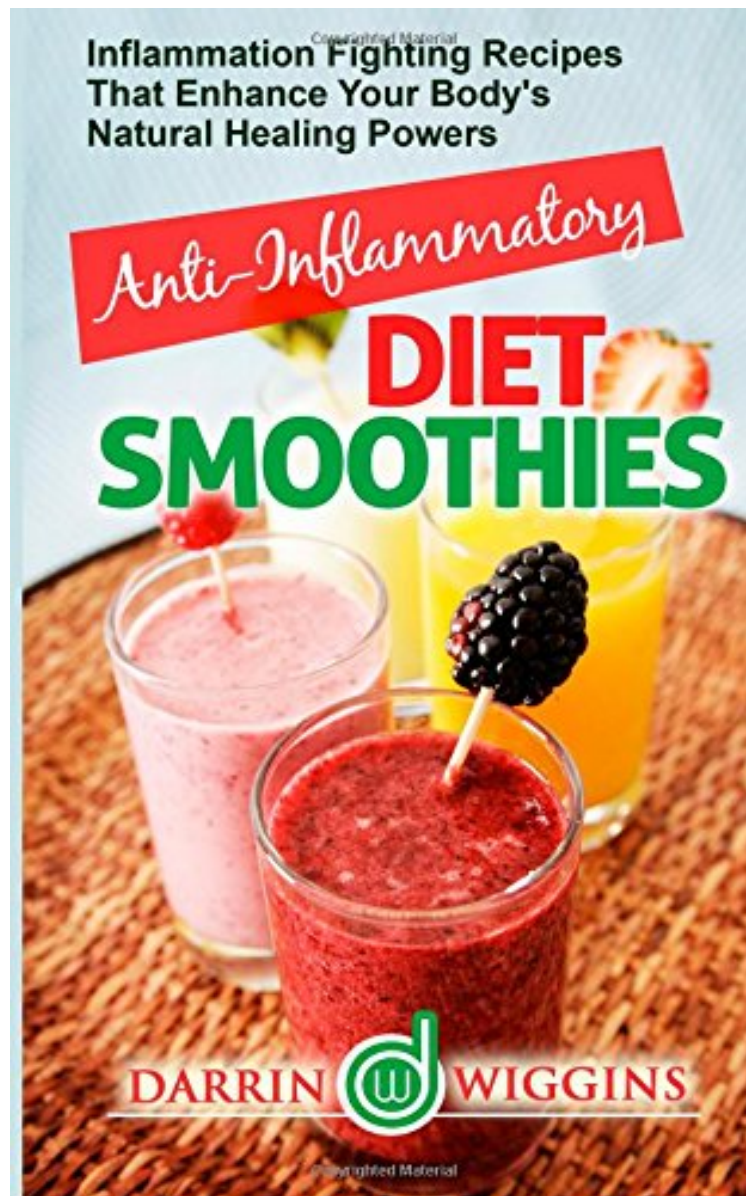


(Library ebook) Anti-Inflammatory Diet Smoothies: Inflammation Fighting Recipes That Enhance Your Body's Natural Healing Powers

## Anti-Inflammatory Diet Smoothies: Inflammation Fighting Recipes That Enhance Your Body's Natural Healing Powers

Charity Wilson

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## Healing Powers:

2 of 2 people found the following review helpful. Short Sweet Smoothie Book!By PennyI downloaded this free eBook for my Kindle while on the hunt for some anti inflammatory cook books. It starts out with some brief basics on Anti Inflammatory eating then hops right into recipes. My expectation of smoothies is frozen fruit + almond milk + honey = done. So I was happy to find a diverse selection of recipes in this book. A lot of them incorporate easy to find veggies like carrots and broccoli. Can't wait to try these new smoothie combos!!1 of 1 people found the following review helpful. Five StarsBy GiniOtried a couple. tasty. too early to see results1 of 1 people found the following review helpful. Four StarsBy Julia Teasleygreat book!

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 EasyAs more people start to contract what many people refer to as preventable diseases, the more they reflect on the type of dietary lifestyle they followed. If all you ever ate was unhealthy fatty foods would it surprise you if you were diagnosed with heart disease or some type of chronic diseases?The reality is many people would be surprised as they don't realize that all those processed foods are causing life threatening amounts of inflammation to form inside their body. It is not like the advertisements for those types of food end with the slogan "Eat our food and you might die."It can be overwhelming when you realize how many vegetables and other healthy foods you need to eat in a day. That is the exact reason a lot of people just don't bother with it. When was the last time you ate three cups of vegetables a day for any length of time?That is where smoothies come in. You can toss everything into a good quality blender, hit start and in minutes you have a delicious inflammation fighting meal. All without the chewing. With the endless recipe possibilities, you ever have to worry about getting bored.Benefits Of An Ant Inflammation DietThe beauty of an anti inflammatory diet is that you couldn't ask for a more straight forward diet. You eat whole, natural foods that are not overly processed. The easiest way to start an anti inflammatory lifestyle is to buy food that spoils.If you can buy something that will last for months in the cupboard or in the basement you know it is seriously processed. If it has an ingredients list, chances are it has been processed.Just think of fresh meat, vegetables, fruit, eggs and other foods that you know have a short shelf life. These will be the starting points of any great anti inflammation diet. If it can go rotten, it has to be gotten. Horrible sounding slogan but you get the point.Discover Unique Delicious Smoothie RecipesNow 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 SmoothieCurry Carrot and Tea SmoothieFlaxseed Raspberry SmoothieRoasted Chocolate Quinoa SmoothieOrange Tea SmoothieWalcado Swirl SmoothieChocolate Bean SmoothieCauliflower Berry SmoothieBlack Cabbage SmoothieReady To Get Blending?Download and start enjoying your recipes right away.Scroll to the top of the page and select the buy button.

About the AuthorWho 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.