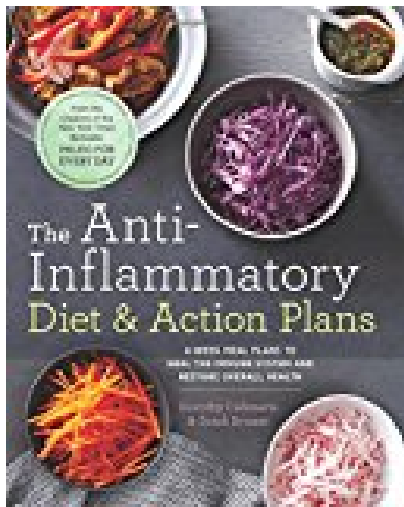


The Anti-Inflammatory Diet & Action Plans 4-Week Meal Plans to Heal the Immune System and Restore Overall Health



BOOK DETAILS

- Author : Dorothy Calimeris
- Pages : 291 Pages
- Publisher : Sonoma Press
- Language : English
- ISBN : 1942411251

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BOOK SYNOPSIS

Prevent chronic disease, reduce painful inflammation, and achieve vibrant health with The Anti-Inflammatory Action Plan, a 4-week meal plan with 125 flavorful, anti-inflammatory recipes. * Choose from four different meal plans--Mediterranean, Paleo, Vegetarian, and Timesaving--to help you transition to a nourishing, inflammation-free lifestyle. * Use weekly shopping lists, storage suggestions, and meal prep shortcuts to save time and money. * Study comprehensive food lists that identify which foods trigger inflammation and which foods relieve it.

THE ANTI-INFLAMMATORY DIET & ACTION PLANS 4-WEEK MEAL PLANS TO HEAL THE IMMUNE SYSTEM AND RESTORE OVERALL HEALTH

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