



**Anti-Inflammatory Diet: Anti-Inflammatory Diet  
"Everything You Need to Know" Guide, Including  
Recipes! - Get Rid of Inflammation and Joint Pain  
Now! (Anti-Inflammatory Diet, Joint Pain,  
Inflammation)**

*Emily MacLeod*

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# **Anti-Inflammatory Diet: Anti-Inflammatory Diet "Everything You Need to Know" Guide, Including Recipes! - Get Rid of Inflammation and Joint Pain Now! (Anti-Inflammatory Diet, Joint Pain, Inflammation)**

*Emily MacLeod*

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## **Anti-Inflammatory Diet - Lose Weight and Reduce Inflammation NOW!**

A guide to the anti-inflammatory diet that will help you feel healthy again, lose excess weight and take control of your life today!

Millions of people suffer from illnesses in which the underlying cause is inflammation. The anti-inflammatory diet is unique in that it can counteract inflammation and help people overcome serious diseases.

**This book teaches you what the anti-inflammatory diet is and why it is vital that people follow it in order to regain their health. You will also get delicious, healthy anti-inflammatory diet recipes and meals that will make it easier for you to stick to and follow the anti-inflammatory diet.**

### **So, why is inflammation bad?**

Heart disease, Alzheimer's, and various cancers are just some of the many diseases that have inflammation as their root cause. But what makes inflammation so bad?

Inflammation, on the surface of our body looks red and swollen and causes heat and pain. This is the body's natural way of fighting infections. It brings nourishment and more immunity to the site.

However, when inflammation persists without serving a specific purpose, it damages the body and causes illness. Overtime, the illness may become severe and lead to a life-threatening disease.

Inflammation can be caused by many things, a poor diet being one of them. Adhering to the anti-inflammatory diet will reduce inflammation and allow you to start feeling healthy and energized again. It will also reduce inflammation related pain that you may be experiencing.

## Here is a preview of what's inside:

- What is Inflammation?
- Benefits of the Anti-Inflammatory Diet
- Starting the Diet
- Foods To Avoid
- Foods to Eat
- Much, much more!

## The delicious recipes include:

- Ginger Apple Muffins
- Green Tea Raspberry Smoothie
- Sweet Potato Soup
- Turkey Chili
- Salmon with Lemon Scented Zucchini
- and more

You can beat inflammation with this informative Anti-Inflammatory Diet “Everything You Need to Know” Guide. This guide will help you stay motivated in healing your body and it will give you many reasons why it is so important to follow this life-saving diet! So....let's get started!

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