



# **Beginners Anti Inflammatory Diet: 30 Delicious and Easy to Cook Recipes to Fight Inflammation, Slow Aging, Combat Heart Disease and Heal Yourself (The Essential Kitchen Series Book 49)**

*Sarah Sophia*

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## **Beginners Anti-Inflammatory Diet**

**The Essential Kitchen Series, Book 49**

**You've read it correctly – reduce inflammation by addressing what you eat.**

Longevity, and our overall general health, has been linked to adopting a healthy diet, but it goes much further than that. Consider the quality of your life. A long life with crippling arthritis, diabetes or heart disease can be tedious and less rewarding.

A step in the right direction today can make all the difference in how you feel and how your body performs. Learn to appreciate life a little bit more, build a sense of confidence, and adopt an attitude of well-being by simply modifying what you ingest for your daily meals.

### **Reduce Inflammation and Allergies Now**

When we take a hard look at inflammation we often overlook the micro form of the disease, which affects arteriole walls, leading to atherosclerosis and the formation of plaque. You'll recognize this as the beginning of heart disease.

Break free from the mainstream, free yourself from chronic pain, and cleanse your system by pledging to eat a healthy diet. You've heard a lot lately from the media, online cooking shows and your doctor about anti-oxidants and free radicals. Incorporate this new found knowledge into your own diet by utilizing this cookbook in your kitchen.

### **It Starts With Desire**

Lifestyle changes, in a positive direction, can and will transform your life, and there is no better time than the present to make one critically important adjustment – your diet. The Beginners Anti-Inflammatory Diet is a must read cookbook for individuals desiring more energy, reduced pain, and a stronger heart.

Learn what thousands have already discovered in relation to inflammation: some ingredients exacerbate inflammation, while others act as healing agents. There is no better way to learn the secrets of dietary inflammatory control than by downloading this book, filled with an assortment of delicious recipes.

## **Foster Healthy Choices and Habits**

It's your body; start the healing process today. Learn to take charge of its maintenance, turning the corner on fatigue and pain.

**Adopt the idea of a healthy lifestyle and buy this cookbook today!**

You'll have absolutely no regrets, but will discover a new you, with bundles of energy and renewed vitality. When you purchase today, you will also get access to a special free gift from The Essential Kitchen Series (\$97 Value).

*Tags: cookbook, cooking, recipes, cook book, recipe book, recipe, healthy recipes, food, eating*

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