



Anti Inflammatory Diet Bone Broth Box Set: What You Need to Know to Heal Yourself with Food, Restore Overall Health, Lose Up 15 Pounds and Become Pain Free (Paperback)

By James Wayne

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Your Are About to Discover the #1 Secret to Losing Weight, Having a Healthier Skin, Hair, Nails, Improving Your Immune System and Becoming Pain Free Forever!And Most Important, Learning Delicious Recipes That Will Guarantee Your Long Term Success.As the age goes on, we start to experience some pain and difficulties to maintain our health and beauty, but if we are consistent and have some good directions it becomes easy!Our mission is to help as many people as possible to achieve their goals and live a healthier and happier life, when we start to understand how it is easy to do that with the right information we will never come back.If you want to gain all of the benefits that you can get from bone broth, such as healthier skin, hair, nails, an improved immune system, weight loss, and so much more, then you will definitely find this book helpful.Discover the essential techniques needed to prepare the highest quality bone broth in your own kitchen. Gain access to a variety of recipes that will enable you to taste different flavored...



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