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Anti-Inflammatory Diet: Beginner's Guide: What You Need to Know to Heal Yourself with Food + Recipes + One Week Diet Plan (Paperback)

By Annette Goodman

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. He who takes medicine and neglects to diet wastes the skill of his doctors. -Chinese Proverb Are you suffering from the severe symptoms that you've been trying to overcome for a long time now using your prescribed pills, but just stuck somewhere in the middle? Unrestrained inflammation lead to asthma, allergies, tissue and cell degeneration, heart diseases, cancer and various other maladies, which are difficult to deal with. I myself suffered from long and gruesome periods of acute inflammation. I had IBS symptoms and very bad, extremely painful sinusitis. It started to affect my day-to-day ability to work, and my potential and productivity suffered a steep decline. Medication helped, but the effect was only temporary. The fact that I was slightly overweight did not help either. I would be confined to my house for days without any solution to my problem. Every doctor I visited could pinpoint the superficial problem and treat it, time after time, but none could tell me what was causing this problem. And the problem was my diet! Vast majority of the recipes I...



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