



Anti Inflammation Guide - The 30 Day Inflammation Elimination Protocol - Anti Inflammatory Foods, Lifestyle Changes, Tips, Anti Inflammation Cooking, Daily, Weekly, Meal Plans, More. (Paperback)

By Hr Research Alliance

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This guide book is printed both in paperback eBook formats for readers convenience. This 30 Day inflammation elimination protocol guide book, is packed with an easy to follow plan, that can be easily applied to anyones daily life immediately. Take a look at what is discussed in this guide. What is inflammation? --- What are the effects of inflammation? --- General tips for a localized inflammation attack: --- How to Follow the Inflammation Elimination Protocol: --- PROTOCOL STEP 1 - Start with understanding what your next steps are. Make a plan: --- Step 2 - Eliminate lifestyle and diet causes!--- Step 3 - Begin and keep these habits!--- Step 4 - Incorporate These Lifestyle Changes: --- Step 5 - Learn These Basic Foods Do s and Dont s: --- What are the benefits of doing this 30-day protocol to eliminate inflammation?--- Diet Protocol Overview: --- A More In-Depth Overview of the Food Groups in the Protocol: --- Cheat Sheet for Protocol Foods: --- Sample Daily Menu Plan: --- BREAKFAST: --- MID-MORNING SNACK: --- LUNCH: --- AFTERNOON SNACK: --- DINNER: --- DESSERT---...



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