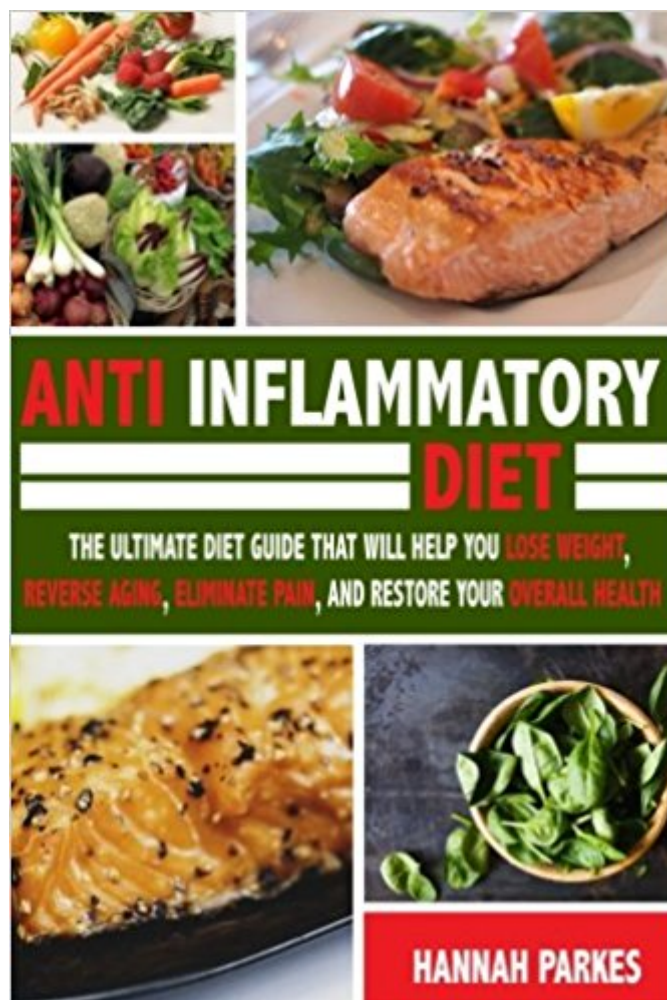


The book was found

Anti Inflammatory Diet: The Ultimate Diet Guide That Will Help You Lose Weight, Reverse Aging, Eliminate Pain, And Restore Your Overall Health (This ... And Fight Against Inflammation And Arthritis)





Synopsis

Learn the Secret to Restore Your Health and Eliminate Inflammation Forever! This anti-inflammatory diet guide will Help Relief Your Pain and promote Weight Loss. This NEW Edition Includes 31 New Recipes Each Day of the Month! Hello Friend, Are you tired of feeling groggy, run-down, and being in pain? Do you want to lose weight and improve your quality of life? Chances are, a lot of your day-to-day problems are centered on the food that you are eating. The anti-inflammatory diet guide is more than just a diet; it is a lifestyle change. By adjusting how you think about food on a day-to-day basis, you will reap the benefits. Top benefits of the Anti-inflammatory diet: 1) Weight loss and achieving a healthier lifestyle through clean eating 2) Reverse aging and make your skin look young 3) Significant pain reduction in problems such as inflammation 4) Combating fatigue 4) Reduced arthritis complications 5) Better digestion 6) Healthier hair and strong nails 7) Better attitude and strengthening mental health 8) Overall health and feeling refreshed Inflammation is the body's natural response to pain and unwanted toxins. It can be extremely helpful in situations in which you are actually hurt or have sickness and toxins that need to be eliminated. However, often it is that case that the body over-uses inflammation and it starts to break down and hurt other functions. It is not just those with arthritis who can benefit from utilizing an anti-inflammatory diet. There are many foods that are in our diets now that are not naturally occurring. They begin in labs rather than in the ground. These foods are not what your body is meant to process. There are foods that automatically prevent your body from focusing on what it needs to in order to keep you happy and healthy. This book will show you some of the healthier food choices that will not only reduce your pain significantly, but also promote overall health for anyone at any age. Utilize this book as an opportunity to take your body and your life to the next level. Feel better by your own hand. Utilize what nature has to offer to keep yourself happy and healthy.

Book Information

Series: This Beginner's Cookbook Includes 31 Recipes That Will Help You Stay Fit Forever and Fight Against Inflammation and Arthritis

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Customer Reviews

Long before she became a renowned self-development, fitness, and health expert, Dr. Hanna Parkes used to be on the receiving end. She battled eating disorders in her teens and was cyber bullied due to her weight problem. Her negative experiences during her childhood years became her one of her sole motivation to address the problem and seek professional help. On her road to recovery, she dedicated a huge amount of her time and energy learning and educating herself on self-development and staying mentally and physically healthy to build up her self-esteem. At the young age 23, she earned herself a degree in Nutrition Science and worked her way to achieving a Master Degree and Ph.D. in the same field a few years later. At age 36, Dr. Parks now lives with her husband, Dr. Gerard Parkes, a doctorate degree holder in Naturopathic Medicine. The couple has dedicated over a decade of their lives living from one continent to another educating and sharing their expertise with local communities around the world. Some of their campaigns include obesity awareness and improving self image. They have also trained a number of health enthusiasts and have established about a dozen clinics offering alternative medicine in three different continents. She is also actively writing a series of books in her vision to widen her reach and help educate more people across the globe. Dr. Hanna Parkes and her husband are currently back in her hometown of Chicago, where they vow to continue to help individuals who are struggling with eating disorders and weight problems. Starting this year, she intends to set up boot camps in the summer that will train young adolescents on how to take care of themselves better and improve their self image.

I have been suffering from inflammation for quite some time now. I searched the internet for some information about it, until I happened to stumble upon this book. It's such a blessing to have found this, because I have learned a lot of valuable things in regards to the anti inflammatory diet and how it can effectively treat my condition. This has also made me fully understand what inflammation is, as well as its causes and symptoms. And for that, I am truly thankful.

Good recipes

inflammation of the gut is a common disorder of the digestive system given the unhealthy and untimely eating lifestyle in today's busy world.. but this problem can be rectified by lifestyle change and this book has some really amazing recipes and tips on anti inflammation that can really be useful for people suffering from this problem

Good book, a lot of information and great recipes!

Informational

I thought I was going to learn a lot about inflammation and the biochemistry behind the health problems caused by it. Instead, there is only basic information along with everything you already know: drink lots of water, don't eat the standard American diet, and avoid stress. There are only about three recipes and Boom! You're at the end of the book. It took me all of five minutes to read in its entirety. This "book" is written on the level of a high school term paper and not very well edited. Save your money and avoid this one if you really want to learn something!

This is a guide only with some basic information but no follow through. Glad this was free or I would have been upset

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management) Anti Aging: The Best Anti Aging Beauty Products, Anti Aging Medicines and Anti Aging Skin Care Treatments to Make You Look and Feel Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products) Anti Inflammatory Diet Action Plan: 6 Week Meal Plans To Heal Yourself With Food, Restore Overall Health And Become Pain Free (Anti Inflammatory Diet, ... Anti Inflammatory Diet Plan) (Volume 2) Anti Inflammatory Diet Action Plan: 6 Week Meal Plans To Heal Yourself With Food, Restore Overall Health And Become Pain Free (Anti Inflammatory Diet, ... Anti Inflammatory Diet Plan Book 2) Anti Inflammatory Diet: Autoimmune Dinner Recipes: 30+ Anti Inflammation Diet Recipes To Fight Autoimmune Disease, Reduce Pain And Restore Health (Autoimmune ... Disease, Anti-Inflammatory Diet, Cookbook) Anti Inflammatory Diet: Autoimmune Lunch Recipes: 35+ Anti Inflammation Diet Recipes To Fight Autoimmune Disease, Reduce Pain And Restore Health (Autoimmune ... Anti-Inflammatory Diet, Cookbook Book 2) 10 Years Younger: Breakthrough Antioxidants That Reverse The Aging Process, Diminish Wrinkles And Help You Lose Weight For Good! (Anti-Aging, Anti Aging, ... Superfoods, Aging, Wrinkles, Anti Wrinkle) Arthritis: An Ultimate Guide For Arthritis: (Symptoms of Arthritis, Rheumatoid Arthritis, Psoriasis Arthritis, Types of Arthritis, Cure for Arthritis) The Anti-Inflammatory Diet: Rich Anti-Inflammatory Foods to Cut Down on Inflammation - Over 25 Anti-Inflammatory Recipes You Will Love Anti Inflammatory Diet: Guide to Eliminate Joint Pain, Improve Your Immune System, and Restore Your Overall Health Anti-Inflammatory Diet: A complete guide to the Anti-Inflammatory Diet, How to reduce Inflammation?: What you should eat & avoid to Reset your Immune System ... Immune System, Reduce Inflammation Book 1) Anti-Inflammatory Diet: A complete guide to the Anti-Inflammatory Diet, How to reduce Inflammation?: What you should eat & avoid to Reset your Immune ... System, Reduce Inflammation) (Volume 1) Anti Inflammatory Diet: The Ultimate Anti-Inflammatory Diet Recipes!: Top Anti-Inflammatory Diet Recipes for Beginners Anti-Inflammatory Diet: Your Ultimate Guide To Healing Inflammation, Alleviating Pain and Restoring Physical Health With 50 Delicious Anti-Inflammatory Recipes (2nd Updated Edition) Anti Inflammatory Diet: 1000 Anti Inflammatory Recipes: Anti Inflammatory Cookbook, Kitchen, Cooking, Healthy, Low Carb, Paleo, Meals, Diet Plan, Cleanse, Whole Food, Weight Loss, For Beginners Gout & Anti Inflammation Meal Plan Guide - Nutritional Strategies for Reducing Inflammation Naturally Gout Prevention, Gout Diet, Anti Inflammatory Foods ... Eat, & Avoid, & More (Gout & Inflammation)

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