



## Clean Eating: Anti-Inflammatory Breakfast Recipes: 50+ Anti Inflammation Diet Clean Eating Recipes to Reduce Pain and Restore Health (Paperback)

By Kira Novac

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Anti-Inflammatory Clean-Eating Cooking Made Easy, Exciting, Delicious and Fun! Included Are Over 55 anti-inflammatory breakfast recipes for vibrant health, healing and natural weight loss Discover how much variety you can ENJOY on an anti-inflammatory diet so that you never feel deprived again Enjoy amazingly delicious and nutritious, anti-inflammatory diet breakfast recipes while keeping your taste buds satisfied Whether your interest in learning more about an anti-inflammatory recipes comes from a medical condition you are experiencing, weight management, and/or simply wanting to achieve optimal health, this is an excellent place to start. Embrace a healthy, anti-inflammatory diet and lifestyle so that you can heal yourself with food and get to the root of the problem! With this guide, you will feel empowered to eradicate the following: Feeling like you are constantly or too-frequently craving sugar (refined OR not) and starch Feeling addicted to sugar and that with willpower alone, you simply can t say no Feeling sluggish or tired Trouble sleeping/insomnia High amounts of stress and wanting to support your body with food (emotional eating) Digestive symptoms such as bloating, gas, acid reflux,...



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