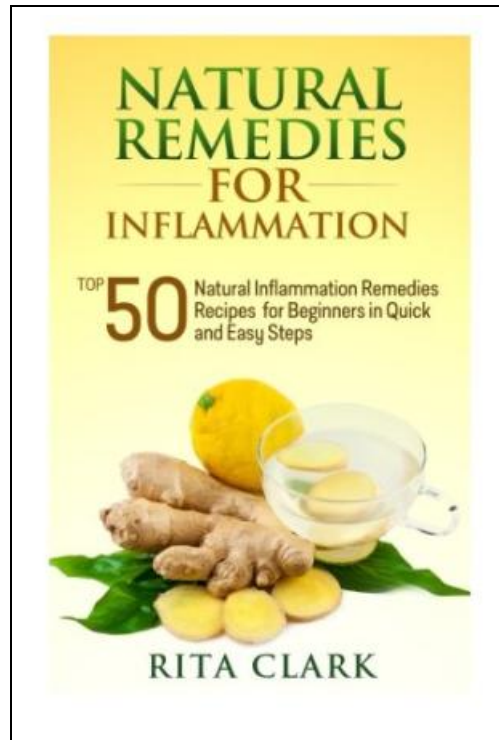


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Combat Inflammation Effectively and Naturally An inflammation attack becomes an issue when the pain becomes unbearable and becomes a chronic inflammation of sorts. When a simple swelling or a joint pain comes and goes it is a little bit of a problem, but when it persists it becomes the actual problem. This book provides you with all the necessary guidance through recipes and inspirational talk that you need for battling out inflammation issues of any kind. The food recipes listed here become your basis for natural remedies for inflamed joints and persistent swellings. Whether you whip up pineapple smoothie or eat turmeric spiced salmon dish or sip on a warm cinnamon or ginger tea, there are plenty of natural recipes in this book that you can whip up in a jiffy. The content in this book focuses on: About inflammation in general What foods cause inflammation and what foods help in reducing it Recipes of 50 of the best natural ingredients to use while battling inflammation attacks Details about how each natural ingredient helps in dealing with inflammation issues This inflammation food guide urges you to use some of the freshest produce in your creations and urges you to eat what s in season, because this way essential nutrient in the food are not lost while planning your meals. This way, you will be able to consume the natural ingredients that are in season, allowing you to have the best of both worlds. While harsh medication and quick pills are not the answer to inflammation attacks or swelling of the joints, the Earth provides you with some of the most natural ingredients which you can consume for a...



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