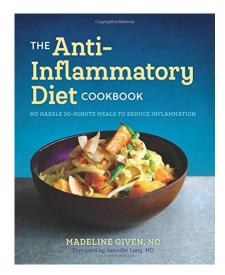
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The Anti Inflammatory Diet Cookbook: No Hassle 30-Minute Recipes to Reduce Inflammation PDF



by Madeline Given NC : The Anti Inflammatory Diet Cookbook: No Hassle 30-Minute Recipes to Reduce Inflammation

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Description:

PDF-b30ff | "In The Anti-Inflammatory Diet Cookbook Madeline explores how today's foods cause and promote inflammation in the body. Here you will find information that inspires impactful life changes, and delicious recipes that are as beneficial as they are satiating. Within days to weeks of instituting an anti-inflammatory diet, most people find some relief from symptoms." Plennifer Lang, MD, foreword... The Anti Inflammatory Diet Cookbook: No Hassle 30-Minute Recipes to Reduce Inflammation





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