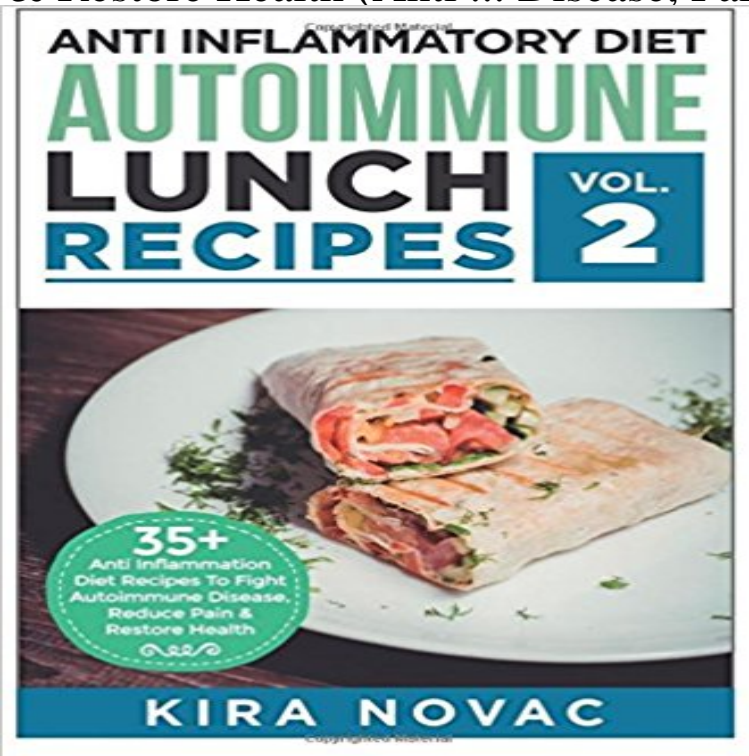


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Anti-Inflammatory Cooking Made Easy, Exciting, Delicious and Fun! Discover amazingly delicious and family friendly anti-inflammatory lunch recipes that will help you create vibrant health, stimulate massive healing and (if desired) lose weight! Whats Included: Anti-Inflammatory Paleo Recipes - Tasty, Energizing and Guilt-Free! Anti-Inflammatory Vegetarian Recipes - Delicious, Nutritious and Full of Variety Anti-Inflammatory Vegan Recipes - Naturally Alkazing, pH Rebalancing and Great for Detox Amazing & Healing Soup Recipes with some Under 10-Minute Recipes for Busy People The beauty of incorporating anti-inflammatory foods into your daily diet is that you are making healthy and sustainable changes. When reducing systemic inflammation in the body, you are working to prevent potential diseases such as cancer, diabetes, arthritis and many more. You are also providing your children with the crucial nutrient base they need to grow into happy, healthy adults. Embrace a healthy, anti-inflammatory diet and lifestyle so that you can heal yourself with food and get to the root of the problem. 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 cant 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, pain, trouble digesting Frequent allergic symptoms such as itchiness, hives, runny nose, redness Foggy brain Increased and/or unexplained irritability, anxiousness, moodiness Inability to lose weight Joint pain Headaches Take positive action today. Give yourself the energy you deserve. Forget about pain, inflammation and negativity.

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