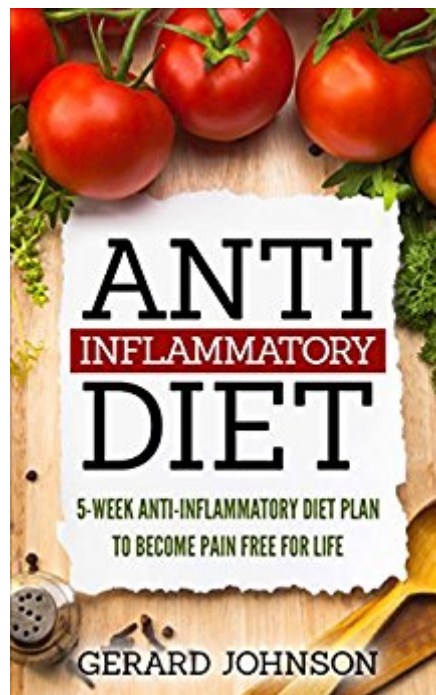


The book was found

Anti Inflammatory Diet: 5 Week Anti Inflammatory Diet Plan To Restore Overall Health And Become Free Of Chronic Pain For Life (Top Anti-Inflammatory Diet Recipes, Anti Inflammatory Diet For Dummies)



Synopsis

Download FREE with Kindle Unlimited! Includes Bonus Gut Balance Solution Book right inside. The Ultimate 5 Week Anti Inflammatory Diet Plan. Read on your PC, Mac, smart phone, tablet or Kindle device. Have you been looking for a diet that will change your life? The Anti-Inflammatory diet is far from a fad that promises you good looks and a boost in your self-image. Instead, this is a diet that promises to change you from the inside out, so that you can be healthy now and in the future. This book contains all the information you need to know about the anti-inflammatory diet, so that you can start to take full control of your health and wellbeing. It will explain the basics of inflammation, including the root cause and long term effects. It will also let you know what you can do to resolve these issues and live a healthy life. Find out what foods you should be consuming, and in what quantities. Also, discover what nutrients, anti-oxidants, and anti-inflammatory qualities that these foods possess. Knowing these will help you understand why this diet is so important for you. To give you a boost, there is a detailed five-week plan, that will help you handle changes in your day to day behavior, the way you eat your food and how to deal with the mental challenges that you will encounter along the way. This is a comprehensive and detailed guide, designed to make sure that you have the best possible experience on the Ultimate 5-week Anti-inflammatory Plan. Here Is A Brief Preview Of What You'll Learn :

- The Basics of the Anti-Inflammatory Diet
- Conditions that can be Treated by the Anti-Inflammatory Diet
- Essential Foods of the Anti-Inflammatory Diet
- Your 5 Week Anti-Inflammatory Diet Plan
- Essential Recipes and Cooking Tips
- Tips To Make It Last

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Customer Reviews

This "book" was obviously self-published and not edited. It's bad. It's supposedly an anti inflammation diet book, but in one of the recipes (or recommendations) calls for honey. Everybody knows that sweets contribute to inflammation, especially honey, regardless of how good, "organic" (???), raw, or whatever. Honey is honey, and a great contributor to inflammation. Also, the paragraphing is weird; after every paragraph there are 2 spaces (!!). The spelling, while not terrible, it leaves much to be desired. The writing is not professional, and I don't know about you, but when I read something and I find words misspelled, my interest in the material flies out the window. You'd think that a writer, if not an awesome speller, would at least "spellcheck" with a click of a button.

Great information, easy to read and understand. This book is full of useful tips. Certain foods can be your enemy and this book helps you know what is good for you. The recipes are simple and scrumptious and you won't even know you're missing out on much of anything. The recipes are quite tasty and I am looking forward to trying more.

I was disappointed in this purchase. The information could be easily found online for free, as I suspected, but the real disappointment was in the 5 week meal plan. There is only one week's worth of meals listed and not all the recipes are provided in the book. The variety of meals is low and if cooking for only one or two people there might be quite a bit of wasted food.

This book is nothing but simple information that everyone already knows. There is nothing in it that you can't get a thousand other places. A complete waste of money.

Great book.

This book was just what i was looking for because im always looking for ways to stay healthy. The author goes over which to eat and not to eat and covers which foods to prioritize in the anti inflammatory diet which is essential. it was very well written and i plan on trying some of the good looking recipes in the book!

Boy, did I learn a lot and this is coming from someone who researches and reads a lot. Great book that answers health issues, diet issues and has recipes to get you started.

Not much mention of science. Typos and incomplete sentences. Hard to follow the flow. Did not leave me wanting to follow his advice.

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