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Anti-Inflammatory Diet: Optimal Nutrition for the Reduction of Inflammation (Paperback)

By Mathew Noll

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Do You Want to Prevent or Get Rid of Inflammation? ***Read this book for FREE on Kindle Unlimited - Download Now!*** Inflammation may occur to anyone and it is perfectly normal. It is the reaction of immune system of our body to foreign bodies. Anti-Inflammatory Diet: Optimal Nutrition for the Reduction of Inflammation is meant to educate you about the entire concept of inflammation, the doctor s view on it, the layman s view on the topic, and how you can heal inflammation whenever required. Here is a Preview of What You ll Learn: What is Inflammation? Inflammation helps in healing wounds? Acute Inflammation and Chronic Inflammation Health Conditions related to Inflammation Foods that can prevent Inflammation Spices and Herbs that have Anti-Inflammatory Properties 7 Day Anti-Inflammation Meal Plan You will find detailed information about acute and chronic inflammation. The former is not harmful for our body and it should be dealt with practically without any treatment. The latter proves harmful for us if it is ignored for a long time. Chronic inflammation requires proper treatment and most of it can...



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