

[PDF] The Anti-Inflammatory Diet & Action Plans: 4-Week Meal Plans To Heal The Immune System And Restore Overall Health

Dorothy Calimeris, Sondi Bruner - pdf download free book



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Description:

From the creators of the *New York Times* bestseller, *Paleo for Every Day*

So much in life is beyond our control. Your diet doesn't have to be.

Authors **Dorothy Calimeris** and **Sondi Bruner** bring first-hand experience of coping with chronic inflammation. They learned that by focusing on the foods we eat, we can soothe the inflammation in our bodies.

Let them show you how to conquer chronic inflammation by developing a customized anti-inflammatory diet plan and arming you with the tools to support your health.

With *The Anti-Inflammatory Diet & Action Plans*, you'll choose from **4 flexible meal plans** and discover **over 130 delicious & easy-to-prepare recipes** packed with flavorful options.

Crave carbs, shun meat, prefer Paleo? No problem. There's an anti-inflammatory diet that's right for you:

1. Vegan
2. Mediterranean
3. Paleo
4. Time-Saving

Prepare to cook your way toward better health with *The Anti-Inflammatory Diet & Action Plans*. Your anti-inflammatory action plan is waiting.

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