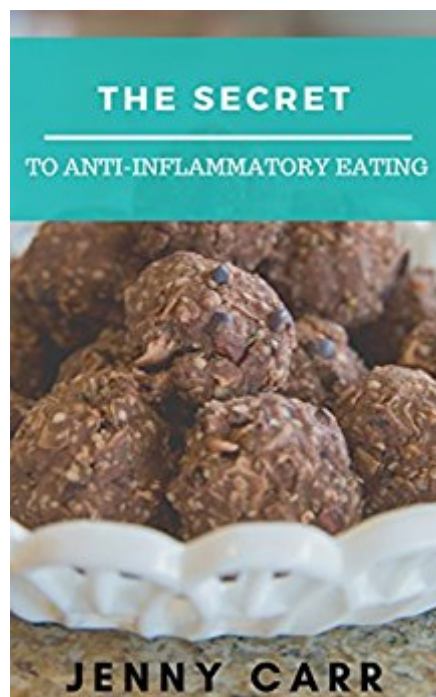




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# The Secret To Anti-Inflammatory Eating: The Guide To Following An Anti-inflammatory Diet Without Overwhelm & Deprivation..



## Synopsis

The Secret To Anti-Inflammatory Eating reveals the trick to removing inflammation from your body without feeling deprived and overwhelmed. Eating an anti-inflammatory diet often requires eliminating many foods you love making those changes feel impossible. A short-term elimination is sustainable, but you need an easy long-term solution that does not deprive your taste buds. Jenny Carr, anti-inflammatory health coach, has designed a streamlined approach to eating an anti-inflammatory diet by focusing on one simple food group. By default many of the top 6 inflammatory foods will fall to the way side when you follow this process. In Freedom From Inflammation, you will find food swap recipes for cakes, cookies, breads, pizza and more. Eating an anti-inflammatory diet does not require eating kale salad every day. It is my dream to share the joy of eating fulfilling foods without the inflammation. This book is for people serious about eliminating inflammation from their body with ease and satisfaction. Inside, Jenny Carr gives you the steps to:

- Swap out the top 6 inflammatory ingredients for foods you love.
- Detox from the foods that have been causing chronic inflammation.
- Experience health based fat loss (no calorie counting or points system here).
- Stop cravings in their tracks.
- Eliminate massive amounts of inflammation in your body.
- PLUS over 50 anti-inflammatory food swap recipes free of: processed sugar, wheat, cow dairy, inflammatory oils, alcohol and GMOs.

In this Eat This Not That style book, you can say goodbye to chronic health issues including: joint pain, loss of energy, poor sleep, inability to lose weight, digestive disorders, auto-immune conditions, diabetes, brain fog, allergies, skin conditions (and more).

## Book Information

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