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Inflammation 101: Natural Solutions Beyond the Anti Inflammatory Diet (Paperback)

By Dr Iris R Bell MD PhD

Createspace, United States, 2014. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.If you have chronic pain, an autoimmune disorder like rheumatoid arthritis (or any condition ending in -itis), allergies, obesity, inflammatory bowel disease, heart disease, diabetes, or cancer, you probably have chronic inflammation. Even though short term inflammation helps the body to recover from an injury, accident, or surgery, chronic inflammation is trouble. Big trouble for your health. The good news is that you have safer, drug-free natural treatment options to help. The anti inflammatory diet is a great starting place. But for many people with chronic illnesses, this generally healthier diet is just not enough. There are many more health-promoting strategies that you can add. Inflammation 101: Natural Solutions Beyond the Anti Inflammatory Diet empowers you with the specific information and action steps in each chapter to reduce inflammation naturally. Get this book and get started today!.



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