



The Anti-Inflammatory Diet Action Plans: 4-Week Meal Plans to Heal the Immune System and Restore Overall Health

By Sonoma Press, Dorothy Calimeris, Sondi Bruner

Sonoma Press, United States, 2015. Paperback. Book Condition: New. 234 x 188 mm. Language: English . Brand New Book. Prevent chronic disease, reduce painful inflammation, and achieve vibrant health with The Anti-Inflammatory Action Plan, a 4-week meal plan with 125 flavorful, anti-inflammatory recipes. Choose from four different meal plans-Mediterranean, Paleo, Vegetarian, and Timesaving--to help you transition to a nourishing, inflammation-free lifestyle. Use weekly shopping lists, storage suggestions, and meal prep shortcuts to save time and money. Study comprehensive food lists that identify which foods trigger inflammation and which foods relieve it.



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