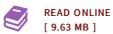




## Inflammation 101: Natural Solutions Beyond the Anti Inflammatory Diet

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!.



## Reviews

It in a single of my favorite pdf. Yes, it is engage in, still an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Dr. Keeley Windler

This publication is worth getting. This is certainly for those who statte that there was not a well worth studying. Its been written in an exceptionally simple way in fact it is only after i finished reading through this ebook in which in fact transformed me, modify the way i believe.

-- Mr. Hester Prohaska DVM