



The Anti-Inflammatory Diet: Rescue 911-The Best Foods and Strategies to Put Out

By Tracey Miller

Createspace, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you gaining weight and losing your natural energy? Does your body feel totally burnt-out and you just can't figure out why? The answer is inflammation! Inflammation is your body's first line of defense against all harm but what happens when that line of defense turns into a lethal, raging fire that's trying to destroy you? Chronic inflammation is at the root of almost all of the top most deadly diseases in the world. From cancer to diabetes, autoimmune disease to strokes and obesity to heart attacks, if it kills, chronic inflammation is to blame. A small amount of inflammation is a healthy response but when this protective flame turns into a massive, unstoppable wildfire, it's only a matter of time before your body begins to burn down from the inside-out! While chronic inflammation is claiming millions of lives around the world, you DON'T have to be its latest victim! If you take immediate action, there is still hope for you. Conventional doctors will tell you that once inflammation starts a...



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