



**Anti Inflammatory Diet: Cure Autoimmune Diseases and Persistent Inflammation for Life With Foods+Recipes+7 Day Meal plan (Anti inflammatory Diet Mealplan, ... Arthritis, Heart Diseases, Joint Pain,)**

*Jessica Virna, Heather James*

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**Are you suffering from unknown symptoms and you have no idea what's causing it?**

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Free gift inside "Top Essential Oil Recipes

**Untreated inflammation leads to Asthma, Allergies, tissue degeneration, heart diseases, and CANCER.**

My mom suffered from persistent and painful periods of acute inflammation. **She suffered symptoms of IBS and really bad sinusitis.** It eventually started to spread to her day-to-day work and daily activities. Then it started to affect her **productivity, her potential, and her happiness.** I wanted to do everything I could to help her. I couldn't bear to see her in anymore pain. Every doctor that I took her to could only treat her **symptoms, and eventually they came back.** They could never cure the **root of the problem**

## **The Source of the Problem**

I didn't know it at the time but the foods that my mom was eating had been the source of all the pain and problems. Her diet contributed largely to the pain she was experiencing day in and day out. I can tell you now that my mother has cured all her inflammation and health problems by following the advice in this book. She has been preparing **simple and easy to follow** foods and has started to take the correct supplements to cure her ailments.

## **The Missing Piece of the puzzle**

The recipes that are included in this book have been made with ease and simplicity in mind. All the recipes can be prepared really fast and easily, to save you the trouble and time.

## **Every time you eat or drink, you are either feeding disease or fighting it**

This book is for anyone That is looking to instantly improve their life with the correct diet, and is looking for a natural treatment for your inflammation and allergy cures.

When you finish reading this book you are going to know how to eat the right foods that will cure your skin problems, allergies, and inflammation for life.

## **What you will learn from this book**

- The Correct supplements to protect yourself from diseases
- How to lose weight easily
- The standard proportions of food to eat
- How you can Cure your diseases naturally
- What foods you must avoid
- Much, Much More!

### **Money back Guarantee**

## **Hidden Benefits of Anti-Inflammatory Diet**

- Enjoy Life without aches and pains
- Boost your energy levels
- Improve your Cognitive, Creative, and Emotional Well being
- Cure chronic inflammation and diseases naturally
- Cure your persistent inflammation and skin problems
- Relieve tension and Stress
- save hundreds of dollars on medical expenses

**Cure your allergy symptoms, skin problems and inflammation with the correct diet right now**

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**Mamie Salinas:**

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doubt this?

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