



# **Anti-Inflammatory Cookbook for Two: 100 Simple & Delicious, Anti-Inflammatory Recipes For Two (The Anti-Inflammatory Diet & Anti-Inflammtory Cookbook Series)**

*Lasselle Press*

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## **Now you can fight inflammation together!**

Are you or your loved one suffering from the symptoms of inflammation?

Do you have diabetes, Chron's disease, Celiac disease, asthma or even allergies?

Chronic inflammation can be irritating at best, painful and even debilitating. What if I told you that the foods you are eating could help relieve these symptoms? What if I told you that you can still continue to enjoy a healthy and happy lifestyle, cooking the foods you love together, without the need for bland and restrictive diets?

Well, you can!

**The Anti Inflammatory Cookbook For Two allows you to do just that. Inside you will find:**

- Information and guidance about chronic inflammation, the causes and the symptoms.
- Advice about the types of foods that you should consider avoiding, limiting or monitoring to see what works for you.
- Lists of foods that you should continue to enjoy.
- Lifestyle guidance and hints and tips for shopping, eating out and socialising with friends and family.
- And last but not least 100 recipes that have been perfectly portioned for the two of you to easily prepare for breakfast, brunch, dinner and dessert.

**Scroll up and click the add to cart button now to start your journey to health and happiness!**

Product Tags: Anti-inflammatory cookbook, Anti-inflammation Cookbook, anti-inflammatory, anti-inflammation, anti-inflammation diet,

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