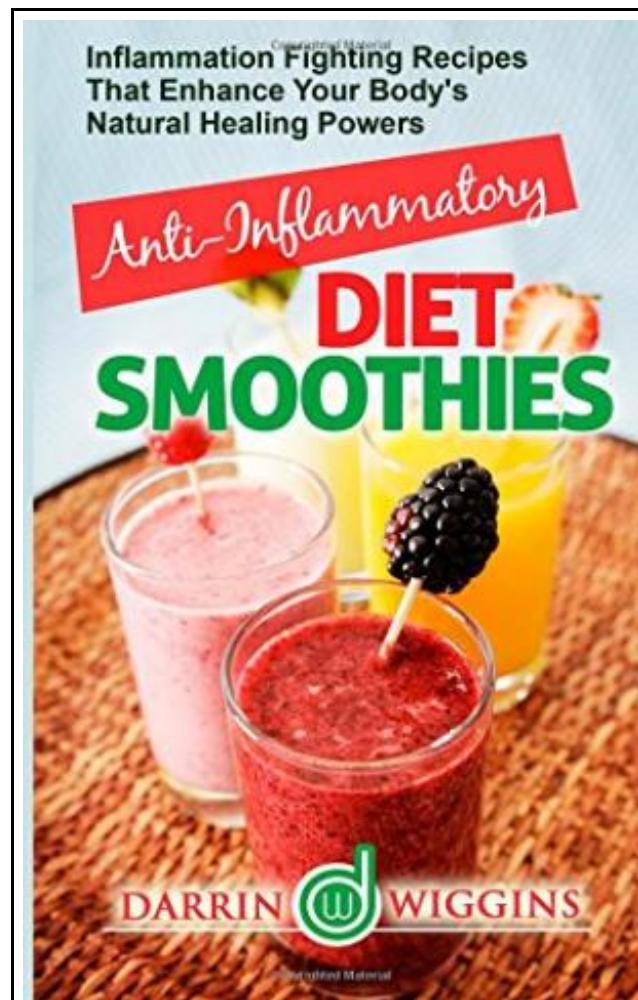


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Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you finding it difficult to eat enough anti-inflammatory foods? Did you wish there was a more convenient way to fight inflammation?Anti Inflammatory Smoothies Quick EasyAs more people start to contract what many people refer to as preventable diseases, the more they reflect on the type of dietary lifestyle they followed. If all you ever ate was unhealthy fatty foods would it surprise you if you were diagnosed with heart disease or some type of chronic diseases?The reality is many people would be surprised as they don't realize that all those processed foods are causing life threatening amounts of inflammation to form inside their body. It is not like the advertisements for those types of food end with the slogan Eat our food and you might die. It can be overwhelming when you realize how many vegetables and other healthy foods you need to eat in a day. That is the exact reason a lot of people just don't bother with it. When was the last time you ate three cups of vegetables a day for any length of time?That is where smoothies come in. You can toss everything into a good quality blender, hit start and in minutes you have a delicious inflammation fighting meal. All without the chewing. With the endless recipe possibilities, you ever have to worry about getting bored.Benefits Of An Anti Inflammation DietThe beauty of an anti inflammatory diet is that you couldn't ask for a more straight forward diet. You eat whole, natural foods that are not overly processed. The easiest way to start an anti inflammatory lifestyle is to buy food that spoils.If you can buy something that...

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