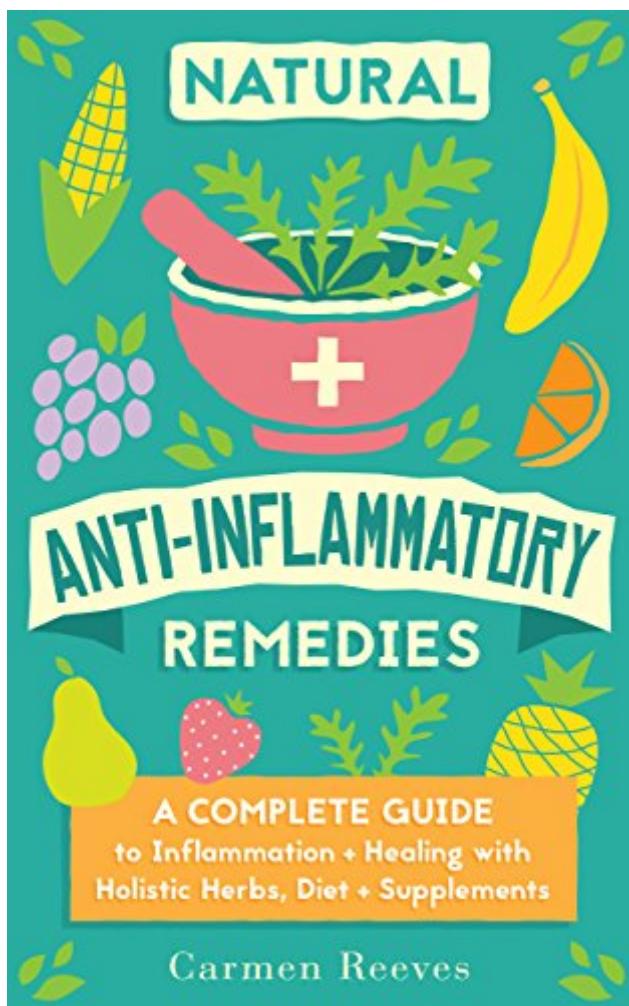


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# **Natural Anti-Inflammatory Remedies: A Complete Guide To Inflammation & Healing With Holistic Herbs, Diet & Supplements (Pain Relief, Heal Autoimmune Conditions, Lose Weight & Boost Energy)**





## Synopsis

Natural Anti-Inflammatory Remedies: A Complete Guide to Inflammation & Healing with Holistic Herbs, Diet & Supplements

UPDATED & IMPROVED EDITION WITH REFERENCES & ADDITIONAL HERBAL TIPS

Learn about how inflammation works, what it can do to your health, its development into potentially dangerous diseasesâ | but also, how to manage and heal it at home! While the term â œinflammationâ • sounds quite simple, this nagging symptom is becoming a major facet of healthâ "but quickly rushing to the forefront of study in health struggles all around the globe. It has been mostly overlooked, but now it is being suspected as a contributor to larger diseases, and an important physiological precursor to study and better understand how these diseases develop. Something so simple-sounding as inflammation, which you might be familiar with in terms of allergies or minor scrapes and injuries, can in fact be an enormous, all-encompassing process in your body that leads to greatly diminished health, energy, and quality of lifeâ "and it doesnâ ™t limit itself to any one part of the body. In fact, inflammation is implicated in some of the most prevalent diseases in the developed world, including diabetes, heart disease and arthritis. Think inflammation is taking a toll on your health? Well, youâ ™ve stumbled upon the right book! Within these pages, I will give you the tools to tackle all kinds of basic inflammation, in its variety of forms: even if itâ ™s dealing with something as minor as stomach inflammation, joint pain, or even a headache. But at the same time, I will equip you with empowering knowledge that could also stave off some of todayâ ™s most modern and vilified diseases. Why you must have this book:â ¢ Learn how inflammation works, how it can be a key player in a huge variety of chronic diseases, and why maintaining healthy inflammation levels is vital to overall healthâ ¢ This book will teach you how to make use of nutrition information, knowledge, and wise, naturally-informed eating tips that stave off inflammation, rather than create more symptomsâ ¢ Read about how a plant-based, fiber-rich, anti-inflammatory diet with less refined oils can manage the evils of chronic inflammationâ ¢ Explore and experience the authorâ ™s own personal journey in turning her health around, in the face of common modern-day harmful and inflammatory foodsâ ¢ Learn how inflammation CAN be good for youâ | when too much is bad for youâ | and what itâ ™s trying to tell you about your healthâ ¢ Introduce yourself to a wide variety of healing, anti-inflammatory herbs to stave off chronic inflammation and encourage only the good type of inflammationâ ¢ Understand the secret of the inflammation and immune-system connection, and how to heal the immune system specificallyâ ¢ This book will give you confidence to create your own healthful journey: let these tips inform your own unique path, tackle your own inflammatory issues, and come up with a nutritional and herbal approach to bettering wellness overall! The benefits youâ ™ll receive from â ^Natural

Anti-Inflammatory Remedies: How to approach basic nutrition to manage inflammation The benefits and effects of accessible, anti-inflammatory herbs you can use in supplement form The wonders of specifically anti-inflammatory vegetables: inflammation superfoods! The importance of changing your lifestyle, sleep, routine, and stress outlets, which can all be a gateway to inflammatory health problems Getting a better grip, perspective, and knowledge of the causes of inflammatory issues Learning about plant-based values as a more empowering approach to diet and healthDownload this book today to save your health and reduce inflammation!

## **Book Information**

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## **Customer Reviews**

Carmen Reeves' book on natural anti-inflammatory remedies is a well-rounded and extensive source of information on the problems that cause inflammation in our bodies, what certain types of inflammation do to our bodies, and natural remedies to avoid and also to deal with inflammation. As a Holistic Health Practitioner and Master Herbalist I highly recommend her book!

Although short, this book packed a lot of information. It confirmed things I've read elsewhere plus it contained information on various herbs and supplements that I had never heard of. By finding it here in compact form I was able to research these products that could benefit my own health. I recommend this book as a starting point for those interested in inflammation and natural options to deal with it.

Great read if you are a newbie to Inflammation OR need a motivating reminder as to how to care for your body by fighting Inflammation. Easy to read & understand pages, and provides guidance enough to make a plan for yourself in preventing Inflammation.

Helps me everyday to figure out what to do next to help calm my pain.

Nice book

Would not reccommend this book. No new information at all.

I picked this book up while it was free for Kindle on . I learned some things that I hope will help me. Thanks to the author for her generosity.

Good book

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