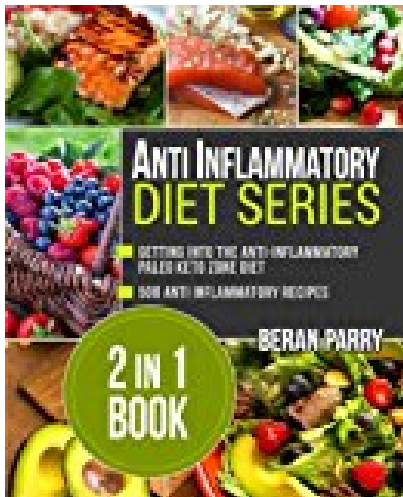


Anti Inflammation Anti - Inflammatory Diet Series. 2 in 1 Book Beat Swelling Lose Weight Get Energized Cure Pain Optimal Nutrition for the Reduction of Inflammation



BOOK DETAILS

- Author : Beran Parry
- Pages : 642 Pages
- Publisher : CreateSpace Independent Publishing Platform
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BOOK SYNOPSIS

Do you have crud in the blood? Millions of people suffer from autoimmunity whether they know it or not. The root cause of most weight gain, brain and mood problems, and fatigue, autoimmunity can take years--or even decades--for symptoms and a clear diagnosis to arise. Through years of research, Dr. Tom O'Bryan has discovered that autoimmunity is actually a spectrum, and many people experiencing general malaise are already on it. And while autoimmune diseases, such as Alzheimer's, Multiple Sclerosis, osteoporosis, diabetes, and lupus, have become the third leading cause of death behind heart disease and cancer, many people affected are left in the dark. The good news is that many autoimmune conditions can be reversed through a targeted protocol designed to heal the autoimmune system, 70 percent of which is located in the gut. The Autoimmune Fix includes two comprehensive 3-week plans: In the first 3 weeks, you'll follow a Paleo-inspired diet during which you cut out gluten, sweets, and dairy--the three primary culprits behind autoimmunity. Once the dietary changes have been addressed, The Autoimmune Fix focuses on the other causes of autoimmunity such as genetics, other dietary issues, and microbiome. The Autoimmune Fix provides a practical and much-needed guide to navigating these increasingly common conditions to help you feel better and develop a plan that works for you.

ANTI INFLAMMATION ANTI - INFLAMMATORY DIET SERIES. 2 IN 1 BOOK BEAT SWELLING LOSE WEIGHT GET ENERGIZED CURE PAIN OPTIMAL NUTRITION FOR THE REDUCTION OF INFLAMMATION - Are you looking for Ebook Anti Inflammation Anti - Inflammatory Diet Series. 2 In 1 Book Beat Swelling Lose Weight Get Energized Cure Pain Optimal Nutrition For The Reduction Of Inflammation? You will be glad to know that right now Anti Inflammation Anti - Inflammatory Diet Series. 2 In 1 Book Beat Swelling Lose Weight Get Energized Cure Pain Optimal Nutrition For The Reduction Of Inflammation is available on our online library. With our online resources, you can find Applied Numerical Methods With Matlab Solution Manual 3rd Edition or just about any type of ebooks, for any type of product.

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