



Anti Inflammatory Diet: Autoimmune Lunch Recipes: 35+ Anti Inflammation Diet Recipes To Fight Autoimmune Disease, Reduce Pain & Restore Health (Anti ... Disease, Pain Management) (Volume 2)

Kira Novac

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Anti-Inflammatory Cooking Made Easy, Exciting, Delicious and Fun!

Discover amazingly delicious and family friendly anti-inflammatory lunch recipes that will help you create vibrant health, stimulate massive healing and (if desired) lose weight!

What's Included:

Headaches

Take positive action today. Give yourself the energy you deserve. Forget about pain, inflammation and negativity.

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