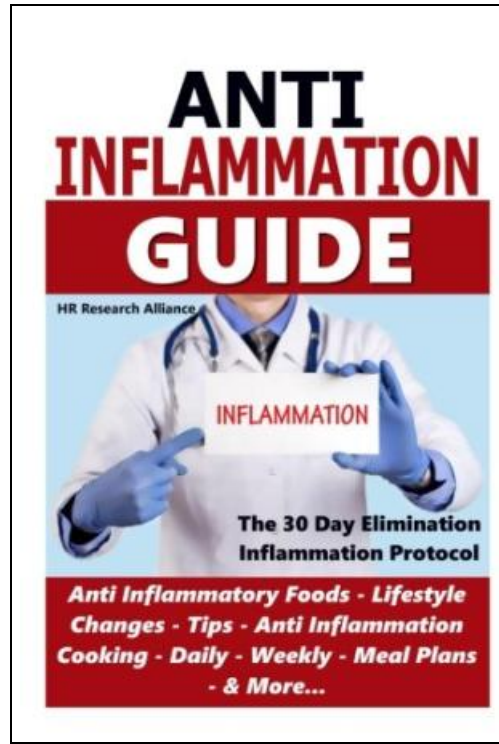


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(Elva Kemmer)

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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This guide book is printed both in paperback eBook formats for readers convenience. This 30 Day inflammation elimination protocol guide book, is packed with an easy to follow plan, that can be easily applied to anyones daily life immediately. Take a look at what is discussed in this guide. What is inflammation? --- What are the effects of inflammation? --- General tips for a localized inflammation attack: --- How to Follow the Inflammation Elimination Protocol: --- PROTOCOL STEP 1 - Start with understanding what your next steps are. Make a plan: --- Step 2 - Eliminate lifestyle and diet causes!--- Step 3 - Begin and keep these habits!--- Step 4 - Incorporate These Lifestyle Changes: --- Step 5 - Learn These Basic Foods Do s and Dont s: - -- What are the benefits of doing this 30-day protocol to eliminate inflammation?--- Diet Protocol Overview: --- A More In-Depth Overview of the Food Groups in the Protocol: --- Cheat Sheet for Protocol Foods: --- Sample Daily Menu Plan: --- BREAKFAST: --- MID-MORNING SNACK: --- LUNCH: --- AFTERNOON SNACK: --- DINNER: --- DESSERT--- BEFORE BED--- Sample Weekly Menus: --- Order your copy today, educate yourself, and help educate others on the subject of Inflammation. You do not have to suffer with it forever. Through your qualified Doctor s help, and your own changes in lifestyle, this can be relieved. You owe it to yourself, your health. Chronic Inflammation: Chronic swelling, puffiness, and bloating can be aggravating and in some cases, dangerous. Inflammation is not something that is meant to be a chronic condition. Chronic inflammation can be systemic or localized. Some examples of a local chronic inflammation are specific joint arthritis, inflammatory bowel...

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