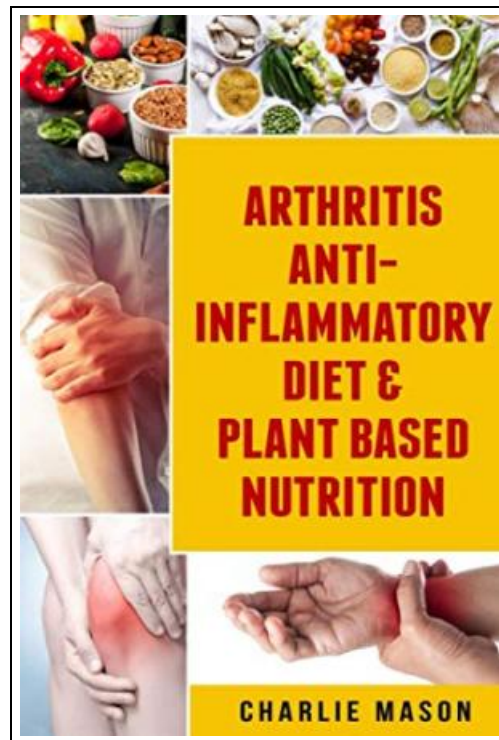


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Independently Published, United States, 2019. Paperback. Condition: New. Language: English. Brand new Book. Arthritis Anti Inflammatory Diet & Plant Based Nutrition Bundle*** SPECIAL BONUS INSIDE THE BOOK ***Arthritis Anti Inflammatory Diet: If you or a loved one is suffering from pain caused by arthritis or inflammation, this is a great introductory book to read about these conditions. First and foremost, it's important to talk to your doctor before making any changes to your diet or exercise routine. It's possible your doctor has concerns about your workouts, or medication you are taking can conflict with changes in your diet. Here's what this book can provide you! An introduction to what arthritis and inflammation is. A lesson on what these symptoms mean in the body. What types of aches and pains fall under these illnesses. How to recognize signs of early onset arthritis. Learn what the possible causes of this disease are. How research has found genetic markers linked to familial rheumatoid arthritis. How environmental factors play a huge role in whether you get arthritis. Types of medication that doctors can prescribe to give you arthritis relief. How physical therapy can introduce exercises to manage your pain. How obesity is linked to a higher risk of arthritis, and why weight loss is so important to relieve stress on the joints. How healthy eating habits can fight back against arthritis pain and chronic inflammation. How some fruits and vegetables have natural antioxidants to suppress the body's inflammatory proteins. Which foods to include in your diet to boost your immune system. A list of foods that can offer arthritis pain relief and how to incorporate them into your diet. Which vegetables to add to your shopping list that can fight back against arthritis pain. A shopping guide on what to include on your list for healthy eating, and what to take off and step away from! More than a dozen easy and delicious...



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