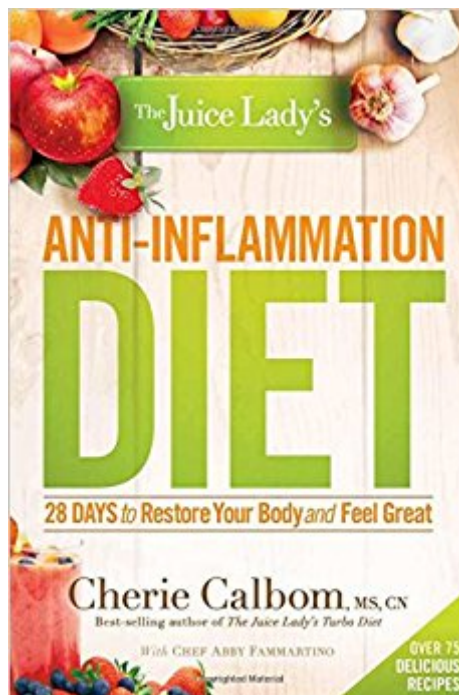


The book was found

The Juice Lady's Anti-Inflammation Diet: 28 Days To Restore Your Body And Feel Great



Synopsis

Lose weight, increase your energy, and look and feel younger in just TWENTY-EIGHT DAYS! If you are experiencing joint pain, fatigue, or difficulty losing weight, you might have chronic inflammation that comes from a poor diet. Research shows that inflammation is at the root of nearly every disease and ailment. The good news is that just changing the type of foods you eat can bring instant relief. The anti-inflammatory diet is the answer. It's the diet that remedies conditions such as heart disease and diabetes. It's the path to recover from just about every ailment—and it works. The Juice Lady Cherie Calbom has teamed up with Chef Abby Fammartino, of Abby's Kitchen, for a four-week menu plan with easy, delicious recipes in a new twenty-eight day program to mend and restore your body. You will discover which foods to eat, which to avoid, and learn how to prepare them into tasty meals that you and your family will love as you heal your body and rejuvenate your life.

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Customer Reviews

The Juice Lady Cherie Calbom has teamed up with Chef Abby Fammartino, of Abby's Kitchen, for a four-week menu plan with easy, delicious recipes in a new twenty-eight day program to mend and restore your body. In The Juice Lady's Anti-Inflammation Diet: 28 Days to Restore Your Body and Feel Great, you will discover which foods to eat, which to avoid, and learn how to prepare them into tasty meals that you and your family will love as you heal your body and rejuvenate your life. The author, Cherie Calbom, takes the healthy foods that nourish us and help with inflammation

and put them together in one diet to help readers get back on track and help them feel more healthy. The book starts out explaining about inflammation and how it affects the body. The importance of different components are explained and there's even a pantry list that shows us with foods are good choices. The author then shares recipes and menus for 28 days in the second half of the book. It's really great that each day begins with the morning smoothie recipe and explains the benefit of each ingredient. A shopping list is also included for the menu along with the recipes for lunch and dinner. I love that she includes the grocery lists too, it makes it easier to put this diet into action. None of the recipes are overly difficult, which for this kitchen-impaired person, is a very good thing. I have to say that initially some of the ingredients seemed pretty foreign to me, but luckily I could search them out on the internet and find local places that carried some of the products. In all honesty, the meals require prep work so if you are a person who grabs meals on the fly, this diet won't work for you.

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