



## Anti Inflammatory: Ultimate Inflammation Reduction Series (Paperback)

By Beran Parry

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Welcome to the world of totally natural healing and a major advance in the science of nutritional wellbeing This 3 Book Bundle Contains Book 1: Fix Your Immunity Book 2: Getting into the Anti-Inflammatory Paleo Keto Zone Diet Book 3: 500 Anti-Inflammatory Recipes Leading nutritionist and international wellbeing expert, Beran Parry, has compiled a master class in intelligent nutrition and brought her brilliant focus and experience to the issue of Inflammatory Response problems. One of the most important areas for modern research is the connection between environmental influences and individual health responses. The fact is that we live in a polluted environment with an over-dependence on highly-processed food that our bodies often struggle to process. Over the years, the stresses of an unnatural diet can trigger breakdowns in our health and produce an alarming series of conditions that are directly linked to an over-active immune system. This is the body's desperate answer to the burden of a toxic and unhealthy diet. Despite the efforts of the pharmaceutical industry to offer a range of drugs that aim to suppress the symptoms of...



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