



The Anti-Inflammatory Weapon - Cooking with Turmeric.(Full Color) (Paperback)

By Daniel Hall

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.A healthy lifestyle is becoming very popular. More and more people are buying healthier food. Healthy eating is one of the best things you can do to prevent and control health problems. The anti-inflammatory weapon - cooking with Turmeric is a great guide for those who want to eat healthily. It offers you the basics of a natural anti-inflammatory diet. The anti-inflammatory diet: Why you should try it - Experts concede that anti-inflammatory eating is more effective for some health problems than others - Anti-inflammatory supplements can help heal chronic pain and prevent different diseases - Turmeric and other anti-inflammatory ingredients convert nutrients into energy and help to lose weight fast Most of the anti-inflammatory books contain recipes with turmeric. One of the reasons why this yellow spice is so effective is that it contains curcumin. Turmeric may prevent and slow cancer growth, protect against liver disease, arthritis, stomach pain, heartburn, gallbladder disorders, stomach ulcer, high cholesterol, diarrhea, menstrual problems, and lungs infection and help reduce symptoms of digestive conditions such as irritable bowel syndrome. You won't believe but turmeric can...



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