



## Healthy Cookbooks: Healthy Juicing and Anti Inflammatory Foods (Paperback)

By Lynda Marshall

WebNetworks Inc, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Healthy Cookbooks: Healthy Juicing and Anti Inflammatory Foods book covers two distinctive diet plans the juicing diet and the anti inflammatory diet. This book contains healthy recipes to create healthy meals using healthy foods, thus the title Healthy Cookbooks. The juicing recipes go right along with the natural anti inflammatory foods. Whether you practice juicing for life or just doing a juicing for health for right now, you will find the power in a diet change and the help it gives to your body. Natural anti inflammatory healthy snacks are included so you never feel you are doing without. The Healthy Cookbooks book comes complete with these sections: Anti Inflammatory Diet: Inflammation Problems, Tips for Cooking and Eating Right When On The Anti Inflammatory Diet, Are You Cooking Right?, Delicious Anti Inflammatory Recipes, Juicing Guide, What Is Juicing?, Benefits of Juicing, Helpful Tips to Simplify Juicing For Weight Loss, Delicious Juicing Recipes for Any Meal, and Your 7 Day Juicing Diet Meal Plan. A sampling of the included recipes are: Pumpkin Pineapple Juice Recipe, Fruity Cleansing Juice Recipe, Carrot and Cucumber Broccoli Juice...



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