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## Inflamed: Discover the Root Cause of Inflammation and Personalize a Step-By-Step Plan to Create a Healthy, Vibrant Life (Paperback)

By Shelly Malone

Agustin Publishing, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Chosen by SELF Magazine as one of 7 Fascinating And Illuminating Books That Will Totally Open Your Eyes About Your Health Both absorbing and revelatory, INFLAMED isn't just a story of healing (of an inflammatory, autoimmune condition). It's a crystal clear guide that cuts through the confusion and contradiction, offering an anti-inflammatory roadmap to reduce pain, calm chronic symptoms, and light a path to glowing, vibrant health. Whether your personal health simply feels slightly off, or you're experiencing a serious chronic illness, conventional care alone may not be getting you the results you want. Are you experiencing issues like fatigue, poor mood, resistant weight loss, aching joints, digestive upset or skin problems? INFLAMED is your concise guide to changing your life by reducing inflammation. A refreshing voice for readers who appreciate Western medicine, but who are searching for treatments that solve the root cause of their conditions - not just address them with a quick, pharmacological fix - Shelly Malone is the discerning expert chronic sufferers have been waiting for. Inside, readers will find: Exactly what inflammation means and how...



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