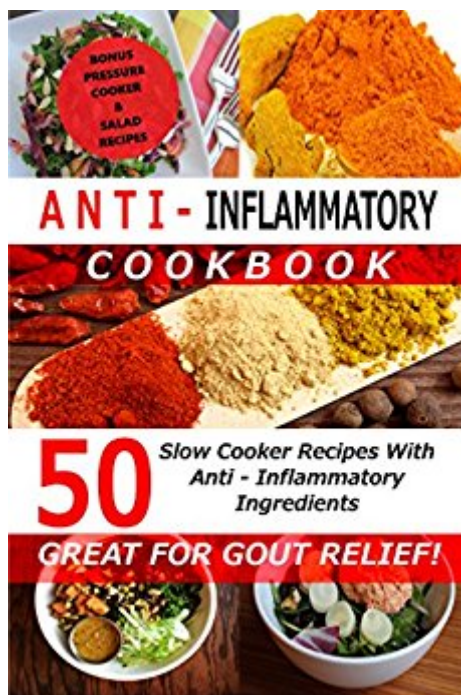




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Anti Inflammatory Cookbook - 50 Slow Cooker Recipes With Anti - Inflammatory Ingredients: Bonus: Pressure Cooker & Salad Recipes



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Customer Reviews

this has ingredients like pasta that in my opinion are NOT anti inflammatory

ONLY 4 WEEKS AND I SEE A BIG DIFFERENCE. AND THE FOOD IS GOOD. THANK YOU,

It doesn't include "gluten free" which I believe should be definitely part of any approach to Anti inflammatory cooking.

Pretty good recipes in this book. I cooked some on the stove top and combined some and even left out some ingredients. Delicious and there is plenty to pick and choose in this recipe book

Lots of very handy and yummy recipes here. I had no idea there was a whole cookbook devoted to anti-inflam foods. Fantastic. My dermatologist will be happy.

Ok

I was in so much pain and refused to rely on pills

Bought this for my mom. She loves it!

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