



**Anti-Inflammatory Diet Cookbook: Vol.1
Breakfast Recipes: Delicious & Energizing Anti-
Inflammatory Recipes to Alleviate Pain, Stimulate
Healing, and ... (Anti-Inflammatory Diet, Recipes)
(Volume 1)**

Kira Novac

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Anti-Inflammatory Diet Cooking Made Easy, Exciting, Delicious and Fun!

A variety of anti-inflammatory bakes and bowls so that you never feel deprived again!

That's **over 55 breakfast recipes** to help you start your day on the right foot!

Take positive action today. Give yourself the energy you deserve. **Forget about pain, inflammation and negativity.**

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