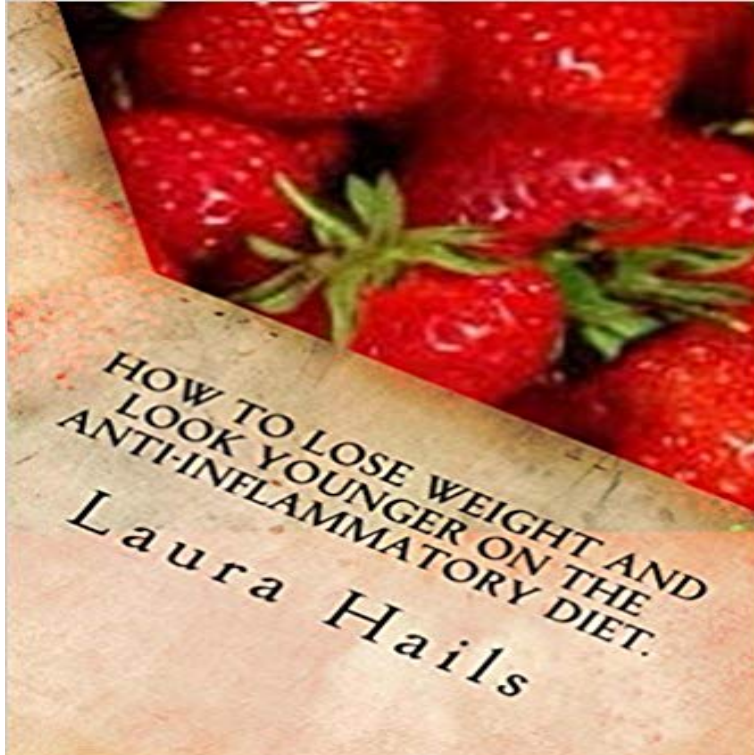


## How to Lose Weight and Look Younger on the Anti-Inflammatory Diet.: A Nutritionists Guide; The Two-Week Diet Plan



An Anti-Inflammatory Diet Its the age old dilemma, face or body? Overdo the diet and you risk your face looking a bit gaunt and often older. Research now suggests that weight gain and wrinkles are actually caused by the same reaction, a process called inflammation. Inflammation is known to lead to fine lines, uneven skin tone, flushing, acne and oily skin, it also interferes with the bodys metabolism, meaning that you burn fewer calories. Inflammation occurs in the body after illness or injury. The body reacts by flooding the problem area with a combination of immune cells, chemicals, blood and other fluids to protect it until the threat has gone, when everything reverts back to normal. But increasingly our environment and poor diets are pro-inflammatory, and rather than protecting our body, these compounds can start to damage it. Inflammation is not only linked to skin conditions and weight gain but to more serious long term conditions such as heart disease, arthritis, poor immune systems and digestive disorders. But there is good news, because by eating an anti-inflammatory diet you will reduce the levels of inflammation compounds in the body and not only will you notice improvements in fine lines and skin tone but the pounds will drop away easily and healthily, revealing a slimmer, younger you. This diet plan embraces looking and feeling the best that we can. The plan is based on a healthy, nutritious, well balanced diet that builds in foods that have particular anti-inflammatory benefits. This diet plan will rev up your metabolism, rejuvenate your body and see you lose the wrinkles as well as the pounds. Losing weight and looking younger couldnt be more simple. On this plan you will be eating lots of whole grains, fruit, vegetables, fish and good oils and the added herbs and spices will ensure that every mouthful is full of goodness and

flavour. Because the plan is based on whole foods it is filling and satisfying too, which will make losing weight all the more enjoyable. The book also includes extra recipes so that you can build them into a long term anti-inflammatory future.

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What's worse, about two weeks into the diet I was struck down by a Even though I didn't do it for weight loss, I dropped about 10 pounds since the start of the diet. **The Juice Ladys Anti-Inflammation Diet: 28 Days to Restore Your** How to Lose Weight and Look Younger on the Anti-Inflammatory Diet.: A Nutritionists Guide The Two-Week Diet Plan eBook: Laura Hails: : Kindle : **Laura Hails: Books** 3 day military diet or 3 day diet is one of the effective diet of losing pounds a short time. You must eat just what is listed. Nothing more, nothing less. You'll be **25+ best ideas about 3 Week Diet on Pinterest Week diet, Weekly** See more about 2 week detox, 2 week diet plan and 1 week detox. They can help with weight loss, improve the health of your skin and reduce inflammation. . 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