

175 Delicious And Nutritious Recipes To Heal Your Immune System And Fight



Anti-Inflammatory Soups: 175 Delicious and Nutritious Recipes to Heal Your Immune System and Fight Inflammation, Heart Disease, Arthritis, Psoriasis, Diabetes, ... More! (Anti-Inflammatory Diet Cookbooks)

by Stephanie Bennett

★★★★☆ 4.1 out of 5

Language : English
File size : 3773 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 163 pages
Lending : Enabled



Take back control of your health!

In today's world, it's more important than ever to have a strong immune system. With the constant bombardment of germs and viruses, our bodies need all the help they can get to stay healthy.

That's where this book comes in. 175 Delicious And Nutritious Recipes To Heal Your Immune System And Fight is packed with easy-to-follow recipes that are designed to boost your immunity and help you fight off illness.

With recipes like:

- Immune-Boosting Smoothie
- Ginger-Garlic Tea
- Chicken Noodle Soup
- Broccoli Cheddar Soup
- Apple Cider Vinegar Tonic

...you'll be on your way to a healthier, happier you in no time.

Here are just a few of the benefits of following the recipes in this book:

- You'll boost your immune system and fight off illness.
- You'll improve your overall health and well-being.
- You'll have more energy and vitality.
- You'll lose weight and improve your digestion.
- You'll reduce your risk of chronic diseases.

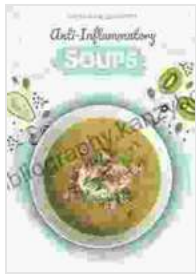
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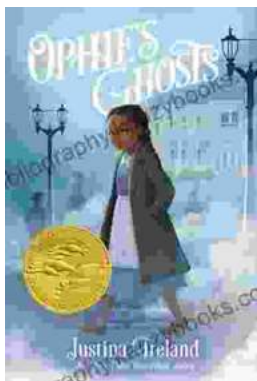


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