



# **Your Nutrition Solution to Inflammation: A Meal-Based Plan to Help Reduce or Manage the Symptoms of Autoimmune Diseases, Arthritis, Fibromyalgia and ... as Decrease Risk for Other Serious Illnesses**

*Kimberly Tessmer*

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Easy-to-follow meal plans to help you establish a life without the symptoms and pain of inflammation.

A pill isn't always the answer!

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