

# The anti-inflammatory weapon - cooking with Turmeric. Cookbook 35 super useful recipes.

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## BOOK DETAILS

- Author : Daniel Hall
- Pages : 72 Pages
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## **BOOK SYNOPSIS**

With a lot of turmeric benefits for the human body, this book is exclusively combined that contains 35 healthy turmeric recipes related to main dishes, soups, appetizers, desserts, salads, and drinks. Turmeric increased the antioxidant of blood that protects the human body from free radicals. Also, it helps to improve the function of the brain and depresses the risk of many brain diseases. It also helps to prevent cancer and fights against age-related chronic diseases. Turmeric can also be applied to the skin for pain, swellings, acne, skin scars, inflammation and leech bites.

### **THE ANTI-INFLAMMATORY WEAPON - COOKING WITH TURMERIC.**

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