

## IS THIS INFLAMMATION PROGRAM RIGHT FOR YOU?

Reducing the effects of inflammation is a key factor in supporting and improving your overall function. A healthy inflammatory response system is important as we age. The combination of sub-optimal dietary and lifestyle habits make it vital to support the body's inflammatory response. The following 10-Day Program is designed to start your journey to a renewed level of health and wellbeing.



The  
Solution...

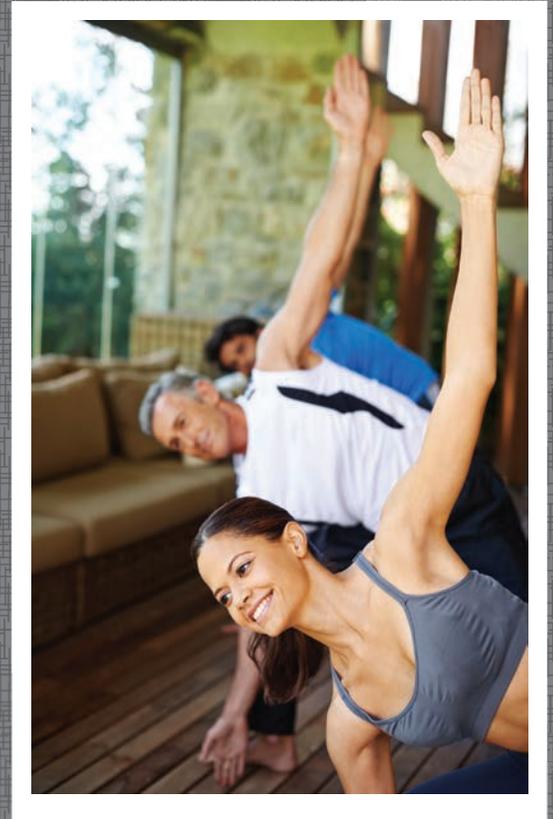
Our goal is to empower your body with the necessary nutrients to support you on your journey to optimal health and vitality. Health is a choice; whole food supplements along with herbal products are a key to overall health and wellbeing.



These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



## 10-DAY PROGRAM INFLAMMATION



CLINIC LABEL



# INFLAMMATION AND YOUR BODY

Inflammation can be a healthy response to your body's signals to address challenges. However, inflammation can become the enemy if it is causing your body to overreact to stressors and creating a chronic inflammation response. When certain body parts need repaired, the cells release substances to stimulate the immune system to start the healing process. The 10-Day Inflammation Program will help jumpstart the healing process and put your body on the fast track to reducing inflammation and living a healthier, more active life!

## SYMPTOM CHECKER

### Do you have Inflammation Issues?

- Minor Aches and Pains
- Fatigue and Lethargy
- Swelling
- Skin Problems/Irritation
- Joint Stiffness Upon Arising or After Exercising
- Excessive Belly Fat
- Dark Circles or Bags Under the Eyes
- Sinus Congestion
- Irregular Bowel Habits
- Bloating/Puffiness/Water Retention

## THE SOLUTION...

This program will supply your body with 10 days of high quality whole food based and herbal supplements. The Inflammation Program is specifically designed to support and maintain a normal inflammatory response within your body so you can return to and have an active, pain-free lifestyle!

## WHAT WILL YOUR 10 DAYS ENTAIL?

- Whole food supplement shakes that complement the clean eating guidelines of whole, unprocessed foods like vegetables, fruits, lean protein – avoiding refined carbohydrates, artificial sweeteners, sugar, chemical additives, processed meats, fried foods, caffeine, soft drinks, etc...
- A simple protocol of whole food and herbal supplements throughout the day
- A Systems Survey Form completed before and after the program to identify changes in your body systems
- Weight loss (or weight maintenance), improved sleep quality, reduced cravings, more energy, less joint pain throughout the day or after exercise, etc...
- A healthy start on your path to vitality



Ask our office if this program is right for you!



**10-DAY PROGRAM  
INFLAMMATION**

For more info and other programs, please visit:  
[www.PurificationSupport.com/10day](http://www.PurificationSupport.com/10day)