



**10 DAY**  
Healthy Inflammation  
Response Program

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Reshape  
Your Life in  
**just** 10 Days

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WHOLE FOOD NUTRIENT SOLUTIONS

# 10 DAY

## Healthy Inflammation Response Program

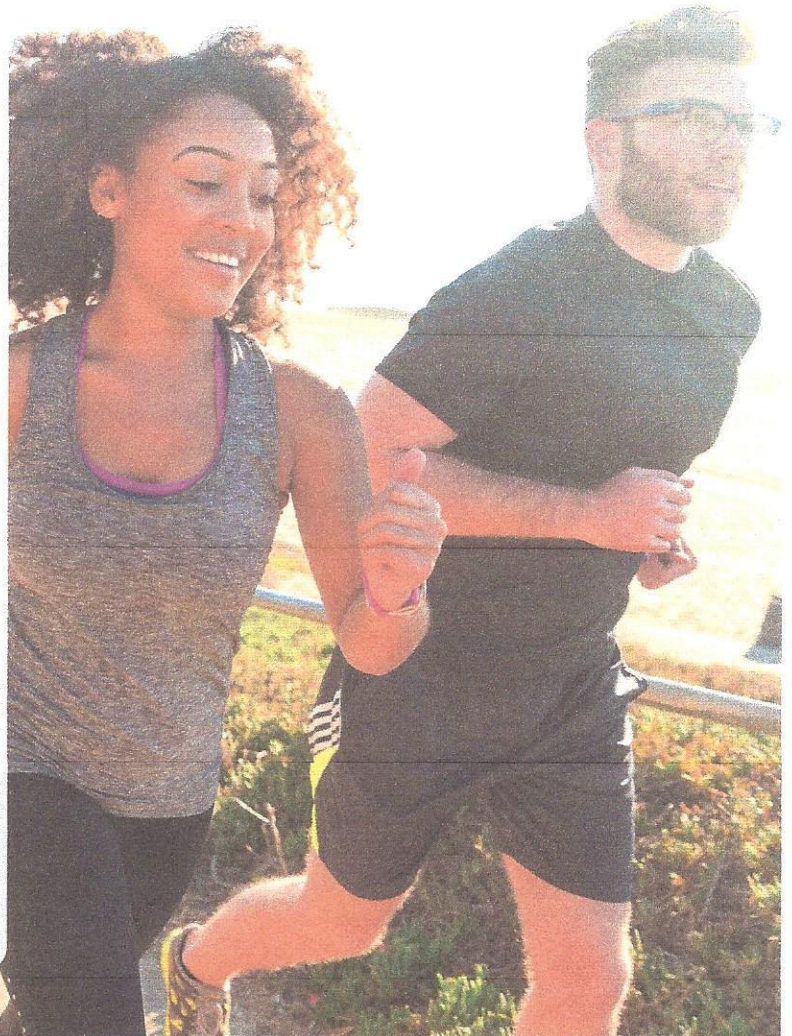
### What is a healthy inflammation response?

Inflammation has a bad reputation but can actually be a healthy response to challenges your body faces.

Acute inflammation is a normal, protective response to injury. However, inflammation can become your enemy if it's causing your body to overreact to stressors, creating a chronic, continuing natural inflammation response.

Reducing the effects of inflammation associated with exercise and your healthy lifestyle is a key factor in supporting and improving your overall function.

The 10-Day Healthy Inflammation Response Program will help jump-start your body's normal inflammation response process and put you on the fast track to living a healthier, more active life!\*



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