# Foods That Fight Inflammation

(Eat Just One Of These Foods Each Day To Start To Look And Feel Better)



# 7 Foods That Fight Inflammation

(Eat just one these foods each day to start to look and feel better.)

I want you to do me a favor...

Go to your nearest door, open it up, and place your hand on the wooden panel.

Then, I want you to repeatedly slam your hand in the door!

Yes, I know this sounds crazy, but it provides a pretty important point about your health:

The pain...the swelling...and the redness you would normally

experience with a broken bone...a cut...or an open wound...

Shows you exactly what type of inflammatory response you want to occur in your body.

#### **But:**

There's a good chance this is not the ONLY inflammatory response happening in YOUR body. In fact, millions of people all over the world are experiencing an inflammatory cascade that is destroying their health and putting them in very grave danger.

This response could be only a few days old...

Or it could be decades in the making! And when this occurs, devastating reactions could occur in your body.

For example, inflammation could take healthy arteries, and turn them stiff and hard, making it nearly impossible for your heart to receive the oxygen-rich blood it needs.

Another example is the throbbing pain or burning sensation you're currently feeling in your knees, hips, or even your FINGERS!

The excessive inflammation levels is causing cells in your joints to break down, therefore causing stiff, painful, and often times burning joints.

And that's not all inflammation does...

Inflammation could also be the main reason why you can't lose weight or why you've struggled for years to get the scale to move!

I know it sounds hard to believe, but inflammation could be shattering every healthy cell in your body, therefore increasing your risk for developing and number of chronic diseases or conditions.

#### And:

It could also be keeping you from achieving your ideal body-all because inflammation may be causing your cells to work AGAINST you. Now, you may think this could be caused by one simple factor or another...

...but you would be WRONG!

In fact, this steady state of chaos that is going on in your body could have started YEARS or eve DECADES ago. So, if you've noticed some changes to your heart health (increased cholesterol or blood pressure)...

...your joints have recently started hurting for no reason at all

...your skin is covered in wrinkles or dark spots

...your focus on concentration has been lacking for some time

...and it's harder than ever for you to lose weight

Then it's true: You're suffering from Toxic Inflammatory Overload!

And it's battering and abusing all the healthy cells in your body, making a very unpleasant and very dysfunctional environment in your own body.

Now, before you think there is nothing you can do...

...give me a few minutes of your time to show you otherwise!

You see, I created this complimentary consumer report to help you wade through the BS and show you the right way to avoid the late stages of inflammatory overload.

But I need you to promise to do one thing for you:

I need you to PROMISE you will read through this entire report, jot notes down, and apply the technique you're going to learn today to your everyday life.

Not only will these tips help you to avoid the horrendous side effects associated with uncontrolled inflammation...

...they could help you take back your health, eliminate joint pain, provide clarity through the mental fog, and of course, help you to drop pound after pound of hideous butt, hip, thigh, or belly fat.

But, before I get too deep, let me introduce myself. My name is Jayson Hunter and I am a Registered Dietitian with over 18 years of real-world experience dealing with inflammation and the side effects associated with inflammatory overload.

I have been helping people, just like you, over the years change their body, improve their health, and look unbelievable doing it.

Why do I share this with you? Because I want to be 100% certain that you trust the information is coming from very credible resources and the latest research on this topic.

I take my position as a registered dietitian seriously as my clients' health is on the line with every program I write or every consultation I have.

Over the last 18+ years, I have a helped transform the life and health of thousands of men and women, just like you, who have either struggled to lose weight...

...struggle with the idea that losing weight may require more than just simply changing the foods they eat and adding in a little bit of exercise.

And now, I want to share everything I have learned over the last 18+ years, and help you apply them to your life.

Have joint pain? These tips will melt the pain away and introduce you to pain-free living again.

Find it hard to concentrate or your brain just "foggy?" These tips may help lift the fog and help you improve your memory and concentration.

Can't seem to get the scale to budge? The simple solution supplied in the next few pages, could accelerate your weight loss and strip away INCHES off your waist and thighs!

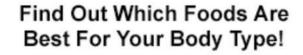
Now, you're probably going to be very surprised to find out that your inflammation issues boils down to one simple thing:

An imbalance in your body...

And this imbalance is what's destroying your health, making your joints ache, and keeping you from achieving the body of your dreams-all because you're overloaded with toxic inflammation.

This inflammation is adding toxins and fat to your liver...causing your fat cells to become sick, inflamed, and dysfunctional...and causing your entire body to suffer.

And it all starts with the foods you're currently eating.







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You see, most of the foods that comprise the typical Western Diet contain toxins, unhealthy fat, and dangerous additives that destroy healthy cells in your body by spiking deadly inflammation.

And this is destroying the delicate omega fatty acid ratio, which is increasing the toxic inflammation throughout your body.

That inflammation, in turn, is causing your liver to get clogged and bogged down, making it nearly impossible for your liver to function effectively!

This inflammation is also causing your fat cells to balloon to excessive levels and rendering them useless in the physiological sense.

You see, your fat cells are needed in order to take in excess energy and store it for later use, plus produce and release 6 powerful fat burning hormones (better than any prescription remedy available for losing weight).

But, when exposed to inflammation, your fat cells start to swell and expand, causing them to shut down.

And this shut down process prevents them from storing more fat or releasing stored fat for use in energy.

To put it simply, your body is not in position to release the fat that is currently stored on your body and degrades your body's response to the 6 powerful fat-burning hormones I alluded to before.

And this is leading to weight gain-or frustration with your lack of weight loss.

To make matter worse, since all that excess energy has nowhere to go, it ends up being stored in other organs and tissue, which leads to a whole host of other issues, including insulin resistance and higher cortisol levels. This is only going to make you heavier...and fatter than ever before!

So, what can you do to thwart the power of toxic inflammation? Once again, it starts with the foods you should be eating.

Yes, I know, I just said the foods you were eating were the cause of your high inflammation levels.

#### **But:**

What I didn't say, is that certain foods (the ones that you're probably not eating enough of) may actually lower persistent inflammation levels, which could vastly improve your health and could finally allow you to lose the weight that's been hanging around for months, maybe even years!

You see, once you bring down the inflammation, a mess of positive changes could occur in your body.

Your fat cells could become less inflamed allowing them to once again activate those 6 all-powerful, fat-burning hormones...

Your liver could become unclogged, allowing your liver to aid in the weight loss process...

This could finally allow you to achieve your ideal body and lose the excess weight that's been shackled to your body for years on end.

What foods should you eat? In a minute I will reveal my top 7 food choices for lowering inflammation in your body...

But first, let me ask you a very simple question:

How would you feel if you went into a health food store and the guy/gal behind the counter warns you that you should not be eating

anything whole, but you should instead focus on boxed and processed foods? You would be pretty darn confused right? Well, think about all the commercials you see on television or in magazines.

Each ad focuses on easy to prepare meals-mostly boxed-that encourage you to eat "healthy" while still being able to enjoy the time spent with family.

Well...

The problem is: Processed and boxed foods could be one of the WORST food options around when it comes to lowering inflammation...improving your health...unclogging your liver...or even fixing those dysfunctional fat cells.

And If I was you, I would be pretty darn upset at the guy/gal for recommending these foods to you!

Now, although there are many foods that could lower your persistent inflammation levels...

...these are the 7 that I would highly recommend your buy MORE of and start figuring out new ways to fit them into your nutrition regimen:



#### 1. Olive Oil

One of the main benefits of replacing your normal cooking oil with olive oil would be its ability to lower inflammation in your body.

Olive oil contain potent antioxidants that have been shown to lower inflammation and improve (amongst other things) heart health.

The main driving factor would be oleocanthal, which is a powerful antioxidant found in olive oil. Studies suggest oleocanthal may lower inflammation in a similar fashion to ibuprofen, a very popular over-thecounter anti-inflammatory.

Plus, studies also suggest the main fat-oleic acid-can reduce important inflammatory factors that may raise CRP levels in the body;

NOTE: CRP is a blood test marker that determines how much inflammation may be present in your body.

#### 2. Tomatoes

If you truly want to lower your inflammation, then including tomatoes would be the first thing you should do.

Tomatoes, which are rich in lycopene, have been shown to lower inflammation throughout the body and in the lungs.

If you're looking to get the biggest bang for your buck, then cooking your tomatoes may be your best options.

Cooked tomatoes (like tomato sauce) may have higher levels of lycopene than raw tomatoes.

No matter how you have them, including more tomatoes could go a long way to reducing inflammation, therefore fixing dysfunctional cells.

#### 3. Blueberries

Blueberries contain some of the most powerful vitamins, minerals, and antioxidants proven to improve your health.

And although they are tiny, these berries pack an amazing punch when it comes to inflammation.

Studies show, besides ability to lower inflammation, blueberries may also improve brain health and protect your body from certain cancers.

Just a handful a day could go a long way to reducing chronic inflammation levels.

# 4. Wild-Caught Fatty Fish

Wild-caught fatty fish, like salmon, contain some of the most potent nutrients and fats around to combat inflammation in your body.

These fish contain the omega-3 fatty acids, which have been shown, increase anti-inflammatory molecules in your body.

In turn, these healthy fats not only lower inflammation, but they protect your brain and heart from the damage associated with high inflammation levels.

Not a fan of fish? Then you should consider taking an omega-3 fatty acids supplement (such as 100% PURE Antarctic Krill Oil), which could

provide you with all the anti-inflammatory power-in just seconds each day.



# The 10-Second Heart Health Makeover Your Guide To Avoiding A Fatal Heart Attack

<<Learn More >>

### 5. Dark Leafy Greens

If you're truly looking to lower your inflammation and give your fat loss a boost in the right direction, then you need to be sure to include more foods that contain Vitamin E.

Numerous studies suggest that Vitamin E could lower proinflammatory cytokines (molecules that stimulate inflammation), which could vastly improve the health of your entire body.

Great foods sources to include with plenty of vitamin E would be: kale, spinach, broccoli, and collard greens.

#### 6. Broccoli

One of the best foods for lowering inflammation happens to be broccoli.

Loaded with vitamins, minerals, and antioxidants, broccoli should be consumed at regular intervals in order to lower your risk for cancer and other chronic diseases associated with excessive inflammation. How does it work?

Broccoli contains isothiocyanates, which has been shown to suppress at one of the inflammatory pathways.

Plus, broccoli contains a special type of vitamin C. Combined with kaempferol and quercitin, the vitamin C in broccoli is recycled, therefore increasing the power.

Broccoli also contains high levels of lutein, zeaxanthin, and betacarotene, which are key antioxidants. They antioxidants, combined with all the other nutrients, may lower oxidative stress and inflammation in the body.

# 7. Ginger

One of the most popular spices around, ginger may be one of the healthiest spices around.

It contains many different nutrients and bioactive compounds, which has extensively been shown to boost health and protect against many different disease.

One compound found in ginger is 6-gingerol--a natural oil found in ginger--that is primarily responsible for many of the medicinal aspects found in ginger.

Gingerol may lower inflammation and reduce pain associated with joint pain (an inflammatory process).

Numerous studies show that gingerol may reduce factors associated with inflammation, therefore lowering inflammation and oxidative stress.

Now, as a reminder, inflammation is probably one of the nastiest issues that you're faced with today.

It may be the root cause of many of the common diseases that plague our society today.

Persistent inflammation has been linked to heart disease, cancer, diabetes, PMS, mental health issues, and so much more.

#### **But:**

When it comes to fat loss, inflammation has everything beat!

Now, persistent, chronic inflammation may be caused by illness and injury...

...but may also be caused by an increase in toxins and pesticides that are ingested into your body by eating processed and refined foods and drinking sugary drinks.

And this could cause your liver to become inflamed...bogged down with toxins...and unable to perform the necessary functions it needs to do in order to help you burn fat.

When this happens, excess energy (in the form of fatty acids) are left to freely float through your blood stream and deposit in other areas of your body, like your liver and other organs.

This is due to inflammation pounding your fat cells, leaving them dysfunctional and unable to take on (or release) fatty acids for energy use.

Now, including these foods MAY lower your inflammation levels and put you on the road to a healthier life.

It may not help you lose the years of fat that's been stored on your body. Because you're not following this secret trick to unlocking your true fat burning potential in order to achieve your ideal body!

But today, I am willing to let you in on the secret I am going to share with you today has been completely repressed by the diet industry for years...

Because, if you're over 30 and you've been struggling with your weight for years, then your life may depend on this powerful secret...

#### Why?

This secret that I am going to share with you today is going to help you lose more weight (and fat) in the next week than you have for the 10, 20, or 30 years of your life.

Now, I must tell you that I am being pressured by high figures in the diet industry to remove this presentation...

Not only is the secret that powerful...

It will cost the diet industry MILLIONS in revenue-all because you no longer need to by their expensive programs or fancy gadgets...

# Did you know?

Data from Colorado State University Extension states only about 5% of all Americans looking to lose weight actually keep it off.

That's 1 out of every 9 women will SUCCESSFULLY lose weightand keep it off for two months (or longer). Women look at their male counterparts and watch the weight come right off, yet as a women they can't get the scale to budge 1 measly pound...

The discovery I made was sort of on accident really... But by making this super simple discovery, you're going to be able to lost weight effortlessly...

Gain the energy you used to have as a teenager...

#### And look-and FEEL-10, 15, or even 20 years younger!

And I have helped THOUSANDS of women JUST LIKE YOU...

Break their nutritional addictions...

To help them lose weight, gain energy, confidence, and live a healthier life...

And today, I look forward to helping YOU improve your health, lose the YEARS of unwanted belly fat, and gain the energy to keep up with your daily demands...

Now, like I mentioned before, I kind of stumbled on this discovery with a client of mine...

And as much as I hate to admit it...

I felt pretty stupid that I didn't see it before.

You see, over the years I have seen thousands of women who struggled to lose weight and they couldn't figure out why...

At times I couldn't figure it out either, which makes me look somewhat foolish, since body transformation was my job...

It was until I met my recent client that everything just "clicked."

You see, she was complaining that no matter what diet she tried...

Or how much she exercised...

She COULD NOT lose any weight! In fact, she would lose a few pounds here and there, only to gain it back (or MORE) in the following few weeks...



She was devastated...

Depressed...

And (in her own words) was fatter than ever before!

After taking some measurements...

Looking through her dietary journal...

It suddenly became clear...

It wasn't her diet...or even how hard she was working out at the gym...

It was her LIVER that was the problem!

Not only was her cholesterol and blood pressure elevated...

She complained of frequent bouts of indigestion and awful stomach pains whenever (albeit rare occasions) she ate greasy foods...

She complained that her belly always seemed "bloated" and pudgy and she couldn't get rid of her "jelly roll" or the rolls of fat that covered her belly...

As she sat across from me, her emerald green eyes red irritated from crying and her frustration when she tells me she is tired of looking 9 months pregnant ...

It all became crystal clear at that point...

Her liver was on the fritz...and if we didn't take steps to fix it right away, she could be in for some pretty awful consequences..

As I sat there, the elevated liver numbers jumping off the sheet at me, it became clear:

She needed to fix her liver in order to take her health back and finally start successfully losing weight...

If she continued on her path, she would GAIN a whole lot more...

Everything in her body was SICK...

Diseased...

And it was preventing her from getting to her desired weight...

Which made her depressed (which in turn made her eat more)...

Does this sound familiar?

**But:** 

By "cleaning out" her liver, we could start fresh and get her back on the fat-burning train...

Now, most "diet experts' won't tell you this...

They will just sell you another program...

Or tell you that you're not doing it right, all so you can pad their pockets...

And when one program won't work, they will suggest another one (at a much higher price)...

That won't work for you-all because your liver is not working correctly!

It's the deepest, darkest secret that they don't want you to know about...

**But:** 

When your liver is firing on all cylinders...

You're going to be able to strip away YEARS of unwanted belly fat...

You're going to have an overflow of energy...

All because your liver is now working the way it should be...

Your liver is a pretty important organ...

And when it doesn't work the way is should, there are all kinds of problems that occur.

Your face becomes bloated and puffy...

Your eyes are red and irritated...

You may even have red, itchy palms on feet that never seem to go away.

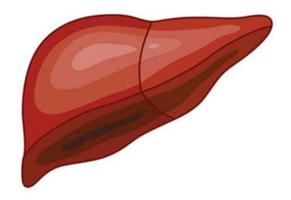
All the symptoms my client was experiencing...

Was leading to massive damage in her body...

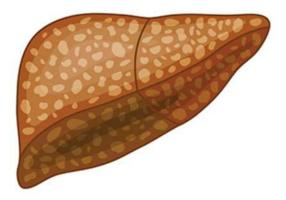
Her cells were sick and diseased...

Her fat-burning hormones had flat-lined...

This was causing her liver to GAIN FAT (and stop working the right way)...







**FATTY LIVER** 

This led to her glands-the powerhouses behind her hormone production-were working at such a low levels...

It was amazing she was able to LOSE ANY WEIGHT AT ALL!

She discovered very quickly that:

- 1) Her liver was FULL of TOXINS that were keeping her fat
- 2) Her fat cells were super sick (no shot can cure that)...
- 3) The 6 powerful fat-burning hormones were essentially obsolete while her body packed on extra weight!

In order to FIX these issues, she needed to make some small changes to the way she lived her life...

And when given the opportunity to FIX her body, she leapt at the chance...

Now, this story is not about her inability to lose weight...

No, it's about something more sinister than that...

It's how this woman's body TURNED AGAINST HER-and was resistant to change...

This story Is all about this woman's body-and her glands-that kept her from achieving the body of her dreams...

Having the energy to accomplish any unsurmountable task...

the change she needed to LIBERATE her body to start burning fat again!

And I this sounds familiar, it should. It happens to MILLIONS of people every year...

Every day...

Every second...

People are unable to lose weight, no matter what diet they are on, simply because they're not EATING to eliminate the toxins that are packed in their livers....

This is causing their livers to overflow with toxins...

Mutating healthy cells, causing them to turn on each other-and YOU- for no good reason...

And turning OFF your fat-burning hormones and TURNING ON the dreadful FAT STORERS!

If it seems like you're aging faster than the number of years you've been on this earth...

Or you're skin resembles the plain cottage cheese staring up at your from your bowl...

If your energy and sex drive have flatlined and you no longer find yourself attractive to the opposite sex...

Then you need to listen to EVERY SINGLE WORD I am about to tell you:

There is a way to REVERSE the damage, retake your health, and reclaim the body of your dreams...

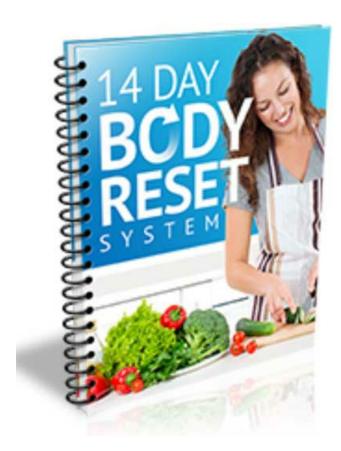
So, if you're frustrated...depressed...

But need to lose weight, but can't seem to get the scale to budge, regardless of what you've tried in the past or what you're doing now...

Then here's your solution:

### Introducing the 14 Day Body Reset System!

This revolutionary system that gives you the keys to unlocking your TRUE fat loss potential!



Not only will you be able to fuel your body with the RIGHT foods to flush dangerous and deadly toxins for your liver...

You will also be able to unlock a neverending supply of energy that is stored in your belly, on your hips, butt, and thighs...

... even the energy located in your DOUBLE CHIN!

Watch as your frustration melts away as you lose as much as 1 pound on the FIRST NIGHT alone!

Not only will you lose your unwanted belly, you will also start to notice a difference in your energy...

Your mood will be cheery and happy as you fit into pants or dresses you never dreamed you fit into again...

Your confidence will skyrocket as you watch your body change daily in the mirror...

But that's not all that will happen:

When you start the 14 Day Body Reset System, your liver will start to flush out the stored fat and toxins, making it function at a much higher level...

And with your liver working correctly again, your far burning will DOUBLE if not TRIPLE in speed!

Your inflammation levels will subside as healthy, nutritious foods that are rich in vitamins and minerals will flood your body...

As the vitamins and mineral get to work ridding your body of unwanted toxins and dangerous free radicals...

Your BLOATED fat cells will start to release store energy causing them to shrink and burn off...

So you can finally start to notice a difference on the scale and in the mirror...

While clothes that were once tight and restrictive, are looser and slide easily up your legs and over your (much smaller) butt...

But there are just some of the benefits...

With the 14 Day Body Reset System, you will also:

- 1) Lose weight and activate all 6 powerful fat-burning hormones all day, every day...
- 2) Fix your sick and dysfunctional fat cells so your endocrine glands (the producers of your fat burning hormones)
- 3) Optimize the 1 organ that contains the key to unlocking your TRUE fat burning potential

- 4) Stop struggling with eating the wrong foods for your body type and instead eat the foods that turn on fat burning hormones for your body type....
- 5) get your SEXY body back-So fast your head will spin.

And so much more that we couldn't fit it in to this presentation! Do you want to hear something even better?

You'll see results IMMEDIATELY with the 14 Day Body Reset System. Now, you may be asking how much does this system cost...

\$100...

\$1,000...

\$2,000...

Not even close! The 14 Day Body Reset System costs LESS than 1 fast food meal would run you...

You get the:

- >>> Step by step instructions on what to eat to heal your fat cells...
- >>> How to heal your liver so that it releases your 6 fat burning hormones...
- >>> Delicious recipes to choose from so you never get bored with your meals...
- >>> Done for you meal plans so you aren't wondering if you are eating the right foods.

All for the low introductory price of \$9! That's cheaper than the morning coffee and bagel you grab while you're running late to work.

But we are not done yet! Other people, just like you, have tried the 14 Day Body Reset System with some pretty remarkable results.

Here's just some of what other people are seeing (and you could too):





= = > Marica lost 16 pounds in 4 weeks and lost 6 inches off her waist in 8 days!!

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# **Program I Can Live With The Rest Of My Life**



"I can tell you that after about 14 days of following the meal plans, I have lost nearly five pounds, feel better and look forward to losing more weight.

My dinner plates are colorful, appetizing and I feel good about myself when I look at all the fresh produce or "live" food, as I call it.

I think the thing I'm most excited about with the program is that it really feels like a program I can live with for the rest of my life."

jan Gra	זוונ			

Ian Grant

I am so happy to find help online.. The program really helps jump start the body's system into losing the unwanted pounds. I started at around 155 lbs at 5 feet tall- now down to 120 lbs.

My pant size was a 13 stretch... now 7/8.. and some 6. I lost 3 inches on my waist... I have an extremely short waist. It is nice to know when someone looks at you, it is "you" that they are looking at... not your weight. The information and support that you provide is priceless. Thanks for the great inspiration you provide."

### Linda Paulson 48 years young

Now you never have to worry about your eating the WRONG foods for your body...

This also means you're not stuck feeling like you continue to make your liver and fat cells sicker...

...which could end activate your powerful fat storing hormones instead of the ones you really one-your fat burning hormones...

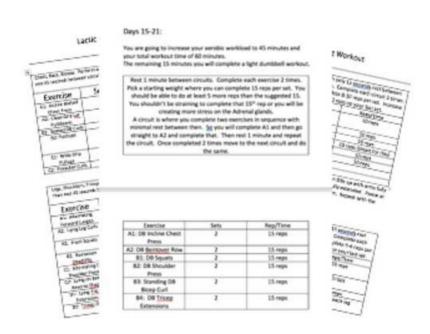
And best of all...you'll start seeing results with the "14-Day Body Reset" immediately and it costs less than the cost of 1 fast food meal...

#### **ACT NOW, and Get These Bonuses**



BONUS #1 - VIP Membership that includes dozens and dozens of Body Reset Recipes

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BONUS #2 - Workout programs that created specifically for your body type to maximize your fat loss

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BONUS #3 - Unlimited coaching with a Registered Dietitian to ensure you reach your goals as fast as possible

Before you get started though I need to do one thing first. Take this short quiz that is below to learn which body type you are because after you complete the 14-Day Body Reset program you will know which foods to eat that are best for your body type.

After you complete the quiz you will be taken to a page to be able to get started with the 14-Day Body Reset program for just \$9.

# Find Out Which Foods Are Best For Your Body Type!





Get Your FREE Personalized Results