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Although inflammation can be your body's main response to healing, if it persists and serves no useful purpose, it can seriously damage your health. Your Nutrition Solution to Inflammation provides a nutritional treatment option you can live with, arming you with the tools you need to free yourself from a lifetime of medication, pain, and long-term health problems. You will learn about:

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Your stress levels also dictate the inflammation in your body. Image courtesy: Shutterstock According to Christopher P. Cannon, M.D., a professor at Harvard Medical School, "Stress increases blood pressure and heart rate, making your blood vessels work harder.

4 things you can do to reduce inflammation in your body ...

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