

SUBJ: 3 foods that cause inflammation

Do you feel like you're struggling with [inflammation](#)? Chances are, the foods you're eating might be a direct link to why you feel that way.

That's why I've released a [new video on my blog](#) that reveals the three biggest culprits behind excess inflammation. And, I share what foods actively help reduce inflammation.

[screenshot]

[Watch it here.](#)





To your health, Dr. O

P.S. If supporting a healthy inflammatory response is important to you, consider checking out my [#1 selling Turmeric/Curcumin Supplement](#).

IMAGE: product with main ingredients

This doctor-developed Organic Turmeric formula is fortified with frankincense, ginger, and black pepper extract to improve absorption and bioavailability.

Which means you'll get a full spectrum of nature's top nutrients to support:

-  Healthy joints and mobility
-  A healthy inflammatory response
-  Healthy digestion and cognitive function
-  Absorption of key vitamins and nutrients for overall well-being

It's a formula you can't find ANYWHERE else. And you can trust that every bottle is guaranteed to meet these quality standards:

- Non-GMO
- Free of fillers and preservatives
- Manufactured in the USA following strict GMP guidelines

Want to give it a try? [Enjoy 20% off your first purchase using code WELCOME20!](#)