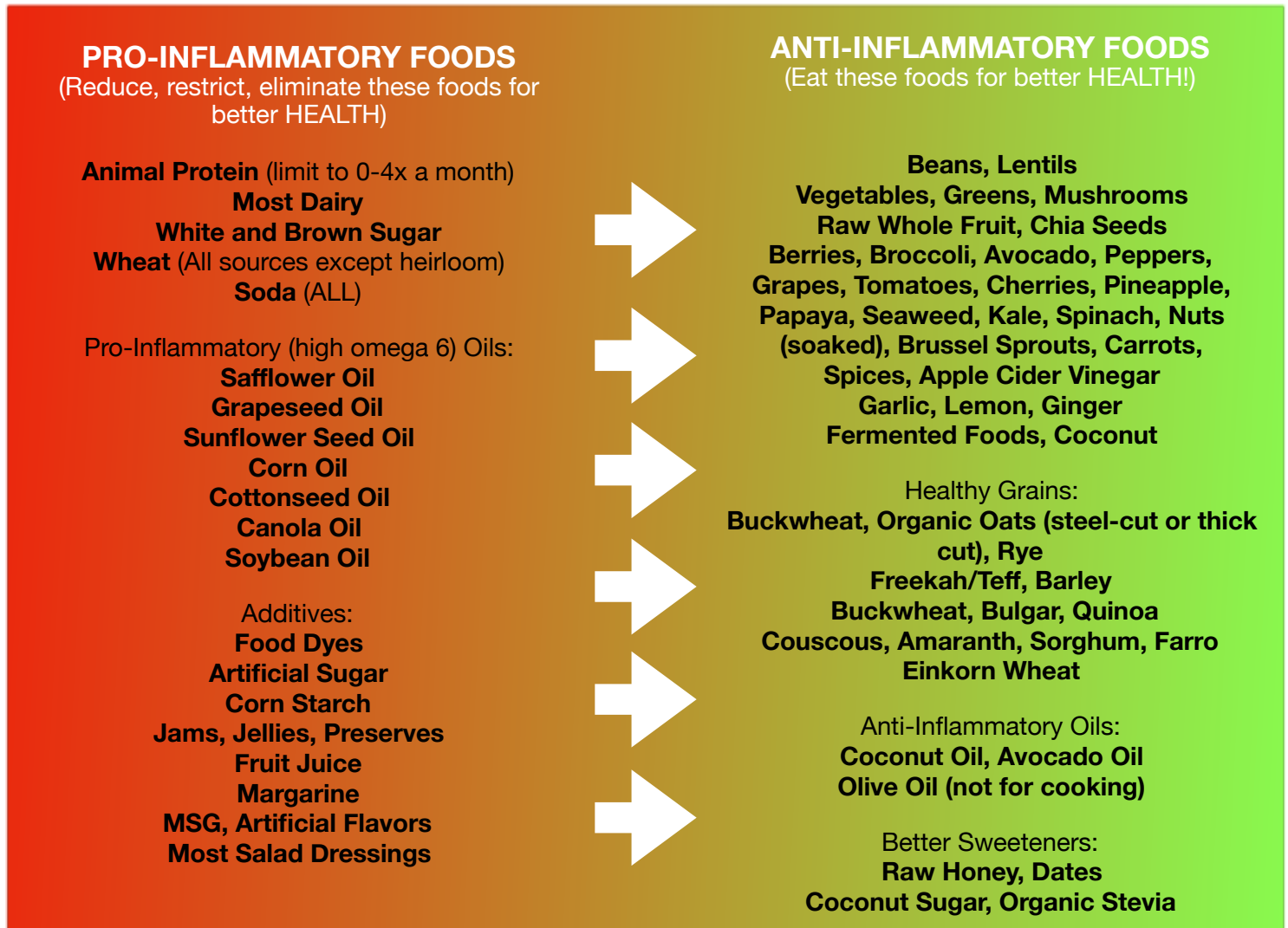


Understanding Dietary Inflammation

Dietary inflammation is inflammation that is created because of the **food you eat!**

Inflammation is essentially acid in your tissues and when it becomes chronic or excessive you will have **health problems, disease, and degeneration**. Abnormal inflammation is the root cause of almost **ALL chronic disease**. Understanding what foods lead to dietary inflammation can be a game changer in helping you reach your HEALTH goals!



Rules of Inflammation to Know and Understand:

#1 - Damaged nerves create abnormal inflammation 24/7, dietary inflammation is important but almost never the only reason a person is sick.

#2 - If you have digestive issues and/or cannot eat anti-inflammatory foods, you most likely have neurological dysfunction to your vagus nerves or other parts of your nervous system which regulates your digestion. Do not hesitate in reaching out to talk to an Averio doctor about regenerating your neurological health, so that you can have great HEALTH.

Averio Health Institute: Your Regenerative Health Option!

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