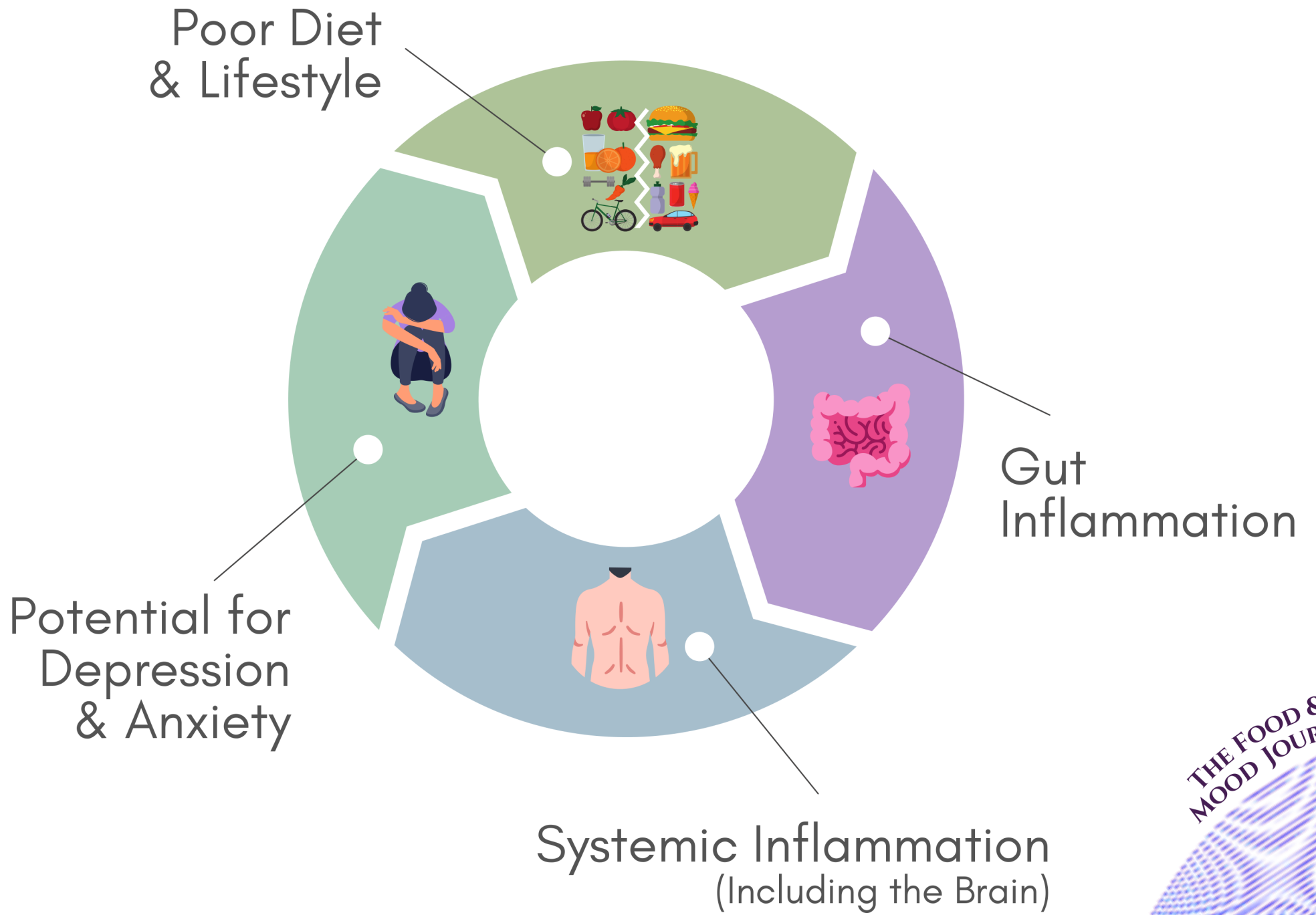




THE INFLAMMATION CYCLE



THE FOOD &
MOOD JOURNEY





BREAKING THE INFLAMMATION CYCLE

