



ANTI- INFLAMMATORY

Guide

A Comprehensive Guide to Embracing
an Anti-Inflammatory Lifestyle

DANIEL POPA

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Hi!

WELCOME



Daniel Popa

My quest for understanding the intricate dance between nature and our bodies led me to complete several courses, including the Foundation Course in Naturopathy, Homeopathy and Homeopathic Medicine, Natural Medicine and Herbalism, Aromatherapy with Essential Oils, and others.

Welcome to the Anti-Inflammatory Guide – your pathway to vibrant health and well-being!

I'm Daniel, a dedicated health rebel and Wellness Advocate with a passion for helping individuals achieve their wellness goals.

I am thrilled to guide you through the essential principles of an anti-inflammatory lifestyle. In this comprehensive guide, we will explore the impact of nutrition, lifestyle choices, and mindful habits on managing inflammation, boosting vitality, and paving the way for a healthier you.

As a proud advocate, I personally use and recommend these products. **Just so you know, the links provided will redirect you to our websites and the official supplement shop, where you can explore products and pricing.**



[Contact me](#)



peakbodyflow.com



livegoodforlife.com



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INTRODUCTION

KNOW THE BASICS

WHAT IS INFLAMMATION?

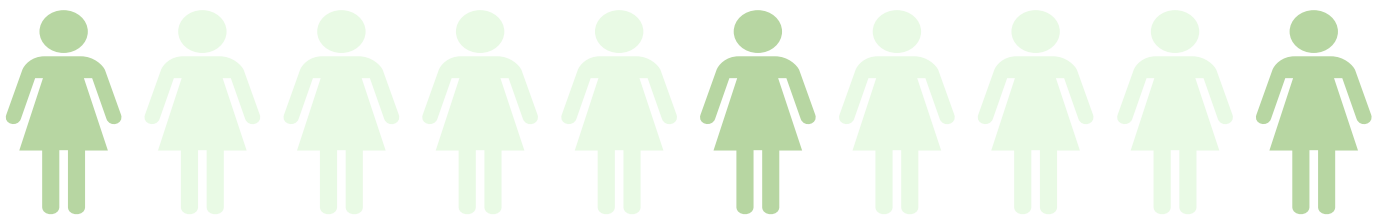
Inflammation is the body's natural response to injury or infection. It's characterized by redness, heat, swelling, and pain, and is part of the immune system's way of protecting and healing tissues. While acute inflammation is a short-term response, chronic inflammation can be long-lasting and is linked to various health issues.

ACUTE VS. CHRONIC INFLAMMATION:

Acute inflammation is a short-term response that occurs immediately after an injury or infection. It typically helps the body heal and is marked by symptoms like swelling, redness, and warmth. This type of inflammation usually resolves once the underlying issue is treated.

In contrast, chronic inflammation persists over a longer period, sometimes years, and can result from ongoing infections, persistent irritants, or autoimmune conditions where the immune system attacks the body's own tissues. Chronic inflammation is linked to various health issues, including heart disease, diabetes, and certain cancers.

HOW MANY PEOPLE ARE AFFECTED



22%

About 22% of U.S. adults are affected by arthritis, a condition involving joint inflammation.

50%

Chronic inflammation is linked to over 50% of cardiovascular disease cases

50%

Approximately 50% of people with type 2 diabetes experience chronic inflammation.

THE DOWNSIDES

OF CHRONIC INFLAMMATION

INCREASED RISK OF HEART DISEASE

Chronic inflammation significantly raises the risk of heart disease. When inflammation persists over time, it can contribute to the buildup of plaque in the arteries, a condition known as atherosclerosis. This plaque buildup can narrow and harden the arteries, leading to reduced blood flow and increasing the likelihood of heart attacks and strokes. Studies show that individuals with chronic inflammatory conditions are more likely to develop cardiovascular issues due to this ongoing damage to the blood vessels.

DEVELOPMENT OF TYPE 2 DIABETES

Chronic inflammation plays a critical role in the development of type 2 diabetes. Persistent inflammation impairs the body's ability to use insulin effectively, a condition known as insulin resistance. This resistance disrupts glucose metabolism, leading to higher blood sugar levels and eventually type 2 diabetes. Individuals with chronic inflammation often have elevated levels of inflammatory markers, which are linked to insulin resistance and the onset of this metabolic disorder.

WORSENING OF ARTHRITIS AND JOINT PAIN

Chronic inflammation is a major factor in the progression of arthritis and chronic joint pain. Inflammatory responses in the joints can lead to tissue damage and exacerbate symptoms such as pain, stiffness, and swelling. Conditions like rheumatoid arthritis are characterized by continuous inflammation that damages joint tissues over time. This ongoing inflammation can reduce mobility and significantly impact the quality of life for those affected by these debilitating conditions.

GUT HEALTH AND INFLAMMATION

OF CHRONIC INFLAMMATION

UNDERSTANDING THE GUT MICROBIOME

The gut microbiome consists of a diverse community of microorganisms residing in the digestive tract, including bacteria, viruses, fungi, and protozoa. A balanced microbiome is crucial in maintaining overall health by aiding digestion, synthesizing essential vitamins, and regulating the immune system. Disruptions in the balance of gut microbes, known as dysbiosis, can lead to increased inflammation and various health issues.

THE CONNECTION BETWEEN GUT HEALTH AND INFLAMMATION

A healthy gut microbiome helps maintain the integrity of the gut barrier, which prevents harmful substances from entering the bloodstream and triggering systemic inflammation. When the gut barrier is compromised due to poor diet, stress, or infections, inflammatory responses can occur, leading to chronic inflammation. Studies have shown that conditions such as inflammatory bowel disease (IBD) and irritable bowel syndrome (IBS) are linked to dysbiosis and increased inflammation.

INCORPORATE PREBIOTICS AND PROBIOTICS

Eat prebiotic foods (like garlic and bananas) and probiotic-rich foods (such as yogurt and sauerkraut) to support a healthy gut microbiome and reduce inflammation.

MAINTAIN A BALANCED DIET

Focus on anti-inflammatory foods like fruits, vegetables, and whole grains, while avoiding processed foods high in sugar and unhealthy fats.

MANAGE STRESS AND STAY ACTIVE

Regular exercise and stress-reducing practices like meditation help maintain gut health and lower inflammation.



INFLAMMATION AND MENTAL HEALTH

INFLAMMATION'S INFLUENCE ON COGNITIVE HEALTH

UNDERSTANDING THE CONNECTION

Chronic inflammation is increasingly recognized as a significant factor in mental health disorders. Persistent inflammation can affect brain function and mood by altering neurotransmitter levels and disrupting neural circuits. Conditions such as depression, anxiety, and cognitive decline have been linked to elevated inflammatory markers in the body.

INFLAMMATION'S IMPACT ON MENTAL HEALTH

DEPRESSION

Inflammation can influence the development and progression of depression by affecting brain chemistry and function. Elevated levels of inflammatory cytokines, such as interleukin-6 (IL-6), have been found in individuals with depression, suggesting a role of inflammation in mood disturbances.

ANXIETY

Chronic inflammation can exacerbate symptoms of anxiety by affecting brain regions involved in stress response and emotional regulation. Increased inflammatory markers are associated with heightened anxiety levels and a more pronounced stress response.

COGNITIVE DECLINE

Long-term inflammation can contribute to neurodegenerative diseases like Alzheimer's disease by promoting neuroinflammation and damaging brain cells. Persistent inflammation accelerates cognitive decline and impairs memory and thinking abilities.

THE BENEFITS

OF ADOPTING AN ANTI-INFLAMMATORY LIFESTYLE

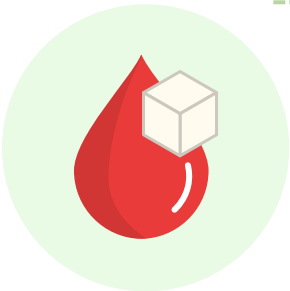
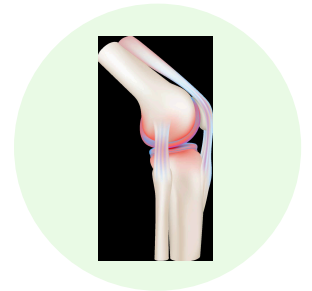


IMPROVED HEART HEALTH

An anti-inflammatory lifestyle helps lower inflammation in the arteries, reducing the risk of cardiovascular diseases like heart attacks and strokes. By incorporating anti-inflammatory foods and [supplements](#), you support better heart function and overall cardiovascular health.

ENHANCED JOINT FUNCTION

Adopting an anti-inflammatory diet or taking [supplements](#) can significantly reduce inflammation in the joints, which alleviates symptoms such as pain and stiffness associated with arthritis. This can lead to improved joint mobility and a better quality of life.



BETTER BLOOD SUGAR CONTROL

A focus on anti-inflammatory foods can improve insulin sensitivity and help regulate blood sugar levels. This reduces the risk of developing type 2 diabetes and aids in managing blood sugar more effectively.

STRONGER IMMUNE SYSTEM

Reducing chronic inflammation through lifestyle choices supports a more balanced immune system. This enhances the body's ability to fight off infections and maintain overall health.



THE BALANCED PLATE

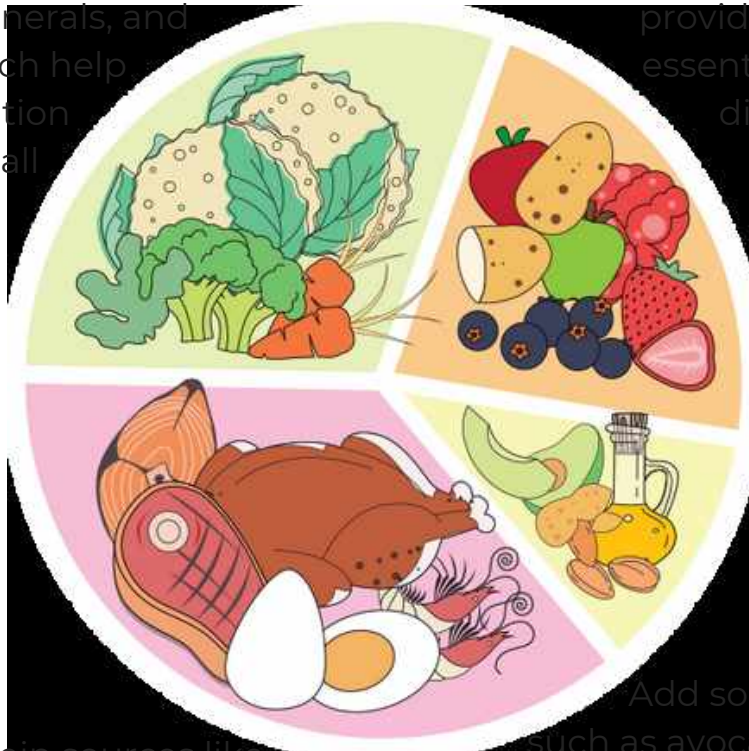
SELECTING AND COMBINING THE BEST INGREDIENTS

Building an anti-inflammatory diet involves incorporating key principles that reduce inflammation and support overall health. Focus on including nutrient-dense, whole foods while emphasizing moderation and mindful eating. Adequate hydration and a balanced approach will help create a sustainable and effective anti-inflammatory nutrition plan.

VEGETABLES

Fill half of your plate with a variety of colorful, anti-inflammatory vegetables such as spinach, bell peppers, and broccoli.

These vegetables are packed with vitamins, minerals, and antioxidants, which help reduce inflammation and support overall health.



PROTEIN

Include lean protein sources like chicken breast, tofu, or beans to fill about 1/4 of your plate. These proteins support muscle repair, hormone balance, and enzyme production while contributing to an anti-inflammatory diet.

CARBOHYDRATES

Incorporate whole grains like brown rice or quinoa, or starchy vegetables like sweet potatoes, aiming to fill about 1/4 of your plate. These carbohydrates provide energy and fiber, essential for maintaining digestive health and reducing inflammation.

HEALTHY FATS

Add sources of healthy fats such as avocado, nuts, or olive oil in moderation, aiming for about 1-2 tablespoons or a small handful. These fats support brain function, hormone regulation, and the absorption of fat-soluble vitamins, contributing to an anti-inflammatory diet.

ANTI-INFLAMMATORY FOODS

TOP FOODS FOR REDUCING INFLAMMATION

Vegetables:

- Leafy Greens
- Broccoli
- Brussels Sprouts
- Bell Peppers
- Sweet Potatoes



Fruits:

- Berries (e.g., blueberries, strawberries, raspberries)
- Oranges
- Cherries
- Pineapple
- Apples



Nuts and Seeds:

- Walnuts
- Almonds
- Chia Seeds
- Flaxseeds
- Pumpkin Seeds



Herbs and Spices:

- Turmeric
- Ginger
- Garlic
- Cinnamon
- Rosemary



Whole Grains:

- Quinoa
- Brown Rice
- Oats
- Barley
- Whole Wheat



Healthy Fats:

- Olive Oil
- Avocado
- Fatty Fish (e.g., salmon, mackerel, sardines)
- Coconut Oil
- Walnut Oil



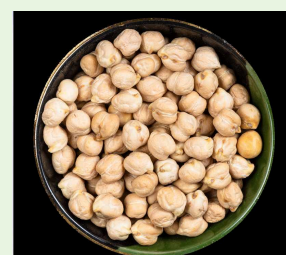
Legumes:

- Lentils
- Chickpeas
- Black Beans
- Kidney Beans



Beverages:

- Green Tea
- Matcha
- Herbal Teas (e.g., chamomile, peppermint)



POWERFUL ANTI-INFLAMMATORY SUPERFOODS

TURMERIC

This vibrant spice contains curcumin, a potent anti-inflammatory compound that helps combat inflammation in the body.

Incorporating turmeric into your diet can help reduce inflammation and support overall health. I recommend [Factor4](#) — it's a product I trust that contains turmeric, which is known for reducing inflammation.



BLUEBERRIES

Blueberries are packed with antioxidants called anthocyanins, which have strong anti-inflammatory properties. These delicious berries can help reduce inflammation and protect against oxidative stress.

LEAFY GREENS

Leafy greens like spinach, kale, and Swiss chard are rich in vitamins, minerals, and phytonutrients that possess anti-inflammatory properties. Including these nutrient-dense foods in your diet can help combat inflammation and promote overall health.



FATTY FISH

Fatty fish such as salmon, mackerel, and sardines are rich in omega-3 fatty acids, which have powerful anti-inflammatory effects. Consuming fatty fish regularly can help reduce inflammation and support heart and brain health.

FOODS TO AVOID

INFLAMMATION-TRIGGERING FOODS TO SKIP

While anti-inflammatory foods promote wellness, it's equally important to be aware of common inflammatory foods that may contribute to chronic inflammation. Steering clear of or moderating the intake of these items can be beneficial to reduce inflammation and improve overall health.

PROCESSED FOODS



Foods high in refined sugars, artificial additives, and preservatives, commonly found in processed snacks, candies, and sugary beverages, can contribute to inflammation.

TRANS FATS



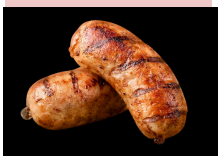
Partially hydrogenated oils and trans fats, often present in fried foods, commercially baked goods, and certain margarines, are known to trigger inflammation and negatively impact heart health.

SUGARY BEVERAGES



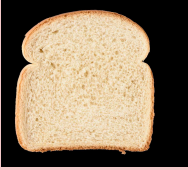
Sugar-sweetened drinks, including sodas, energy drinks, and certain fruit juices with added sugars, may contribute to inflammation and are linked to various metabolic issues.

EXCESSIVE RED AND PROCESSED MEATS



Regular consumption of red meat and processed meats like sausages and hot dogs has been associated with increased inflammation. These meats may contain additives and preservatives that can contribute to health issues.

REFINED CARBOHYDRATES



Foods made with refined grains, such as white bread, white rice, and pastries, have a high glycemic index and can cause spikes in blood sugar levels, potentially leading to inflammation.

DAIRY PRODUCTS



Some individuals may be sensitive to certain proteins in dairy, such as lactose and casein, leading to inflammation. It's essential to be mindful of individual tolerance levels.

ARTIFICIAL ADDITIVES



Certain food additives, including artificial sweeteners, colors, and flavor enhancers, may trigger inflammatory responses in some individuals. Reading food labels can help avoid these additives.

VEGETABLE OILS HIGH IN OMEGA-6 FATTY ACIDS



Oils like soybean oil, corn oil, and sunflower oil, which are high in omega-6 fatty acids, can promote inflammation when not balanced with sufficient omega-3 fatty acids.

ALCOHOL



Excessive alcohol consumption can contribute to inflammation and damage organs. Moderation is key, and opting for red wine, which contains antioxidants, may be a better choice.

ANTI-INFLAMMATORY CHOICES

LIFESTYLE ADJUSTMENTS FOR BETTER HEALTH

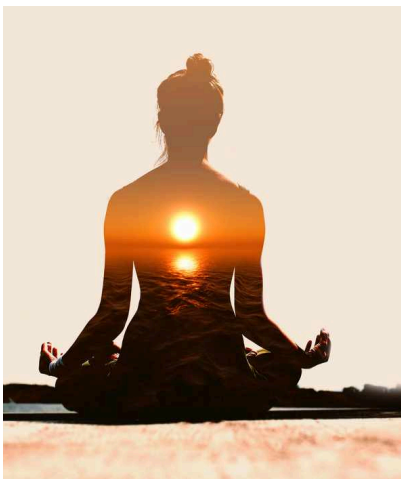
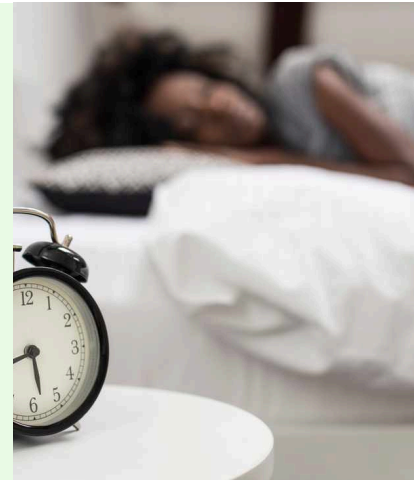


DIETARY ADJUSTMENTS

Meal planning for an anti-inflammatory lifestyle involves incorporating nutrient-dense foods such as vegetables, fruits, whole grains, and healthy fats into your daily meals. Recipe ideas can include dishes like quinoa salads with mixed vegetables, salmon with avocado, and berry smoothies, which help to minimize inflammation and provide essential nutrients.

QUALITY SLEEP

Prioritizing quality sleep is essential for an anti-inflammatory lifestyle. During deep sleep, the body undergoes crucial repair processes, regulating inflammatory pathways. Consistent sleep schedules, a conducive sleep environment, and relaxation techniques foster better sleep quality, fortifying the body against inflammation and promoting both physical and mental health.



STRESS MANAGEMENT

Effective stress management is crucial for reducing chronic inflammation. Chronic stress releases inflammatory hormones, negatively impacting overall health. Incorporating stress-reduction techniques like mindfulness and deep breathing fosters resilience to stressors, supporting the body's natural anti-inflammatory mechanisms.

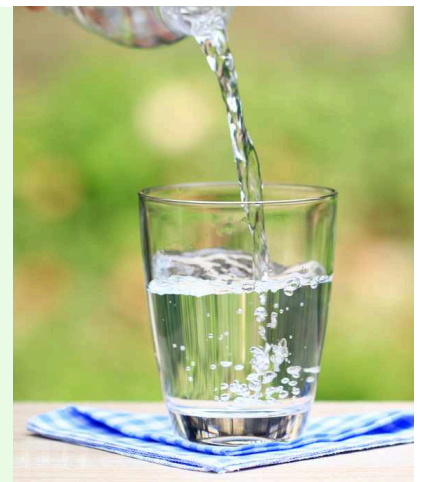


REGULAR EXERCISE

Regular exercise is a fundamental habit for an anti-inflammatory lifestyle. Physical activity helps manage weight and improve cardiovascular health and modulates the body's inflammatory response, reducing pro-inflammatory markers. Whether through brisk walks or intense workouts, incorporating regular exercise contributes significantly to overall well-being.

HYDRATION

Staying well-hydrated is essential for maintaining proper bodily functions and reducing inflammation, as water helps flush out toxins and supports cellular health. Drinking adequate amounts of water throughout the day can help manage inflammation and promote overall wellness.



MINDFUL EATING

Mindful eating involves paying full attention to the sensory experience of eating and drinking, which helps in making healthier food choices and prevents overeating. By focusing on the flavors, textures, and portion sizes of your meals, you can improve digestion and make more intentional choices that support an anti-inflammatory diet.

SUPPLEMENTS TO CONSIDER

TO FIGHT INFLAMMATION



OMEGA-3 FATTY ACIDS

Omega-3s, found in fish oil supplements, are known for their potent anti-inflammatory effects. They help reduce inflammation by decreasing the production of inflammatory cytokines and improving overall cellular health. **I recommend [Factor4](#)**— it's a product I trust that contains Fish Oil, which is known for reducing inflammation.



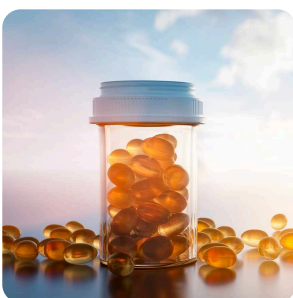
CURCUMIN

Curcumin is the active compound in turmeric and has strong anti-inflammatory and antioxidant properties. It can help reduce inflammation and alleviate symptoms of chronic inflammatory conditions.



GINGER EXTRACT

Ginger contains compounds like gingerol that have anti-inflammatory and antioxidant effects. Ginger supplements can help manage inflammation and support joint health.



VITAMIN D

Vitamin D plays a crucial role in regulating the immune system and has been shown to have anti-inflammatory effects. Adequate levels of vitamin D can help reduce inflammation and support overall immune function. **[I recommend Vitamin D3 and K2.](#)**

MY TOP 3 FAVORITE SUPPLEMENTS



[BUY HERE](#)

Features

- ✓ Cardiovascular Health
- ✓ Circulation
- ✓ Sexual Health
- ✓ Brain and Cognitive Function



[BUY HERE](#)

Features

- ✓ Fights Inflammation
- ✓ Supports Joint and Organ Health
- ✓ Promotes Immune Health
- ✓ Promotes Healthy Circulation



[BUY HERE](#)

Features

- ✓ Immune Protection
- ✓ Energy and Recovery
- ✓ Stress Support
- ✓ Digestive Health
- ✓ Detox Support

MEAL PLANNING TIPS

HOW TO PLAN MEALS THAT COMBAT INFLAMMATION



COLORFUL VEGETABLES

Start by filling your plate with a variety of colorful vegetables. These are rich in antioxidants and phytonutrients that combat inflammation. Incorporate leafy greens, bell peppers, tomatoes, and carrots to create a vibrant and nutrient-packed foundation for your meals.



OMEGA-3 FATTY ACIDS

Include sources of omega-3 fatty acids, known for their anti-inflammatory properties. Fatty fish like salmon, mackerel, or sardines are excellent choices. For plant-based options, consider chia seeds, flaxseeds, or walnuts to add a boost of these essential fatty acids.



WHOLE-GRAINS

Opt for whole grains instead of refined grains to provide complex carbohydrates and fiber. Quinoa, brown rice, oats, and whole wheat options offer sustained energy, helping to maintain stable blood sugar levels and reduce inflammation.



COST-EFFECTIVE

Planning meals ahead of time can also be cost-effective as it reduces impulse purchases and food waste. Buying ingredients in bulk and utilizing leftovers efficiently are additional ways meal prep can help save money.



LEAN PROTEINS

Incorporate lean protein sources into your meals. Choose poultry, tofu, legumes, or beans to provide essential amino acids without excessive saturated fats. Protein is crucial for muscle repair and overall bodily function.



HEALTHY FATS

Embrace healthy fats like avocados, olive oil, and nuts. These fats contain monounsaturated and polyunsaturated fats, contributing to a balanced and anti-inflammatory diet. Use them as dressings, toppings, or in cooking to add both flavor and nutritional value.



HERBS AND SPICES

Enhance the taste and anti-inflammatory benefits of your meals with herbs and spices. Turmeric, ginger, garlic, and cinnamon are known for their anti-inflammatory properties. Experiment with different combinations to discover flavors that appeal to your palate.



HYDRATION WITH ANTI-INFLAMMATORY BEVERAGES

Stay hydrated with beverages that offer additional anti-inflammatory benefits. Green tea, herbal teas, and water infused with lemon or cucumber provide hydration along with antioxidants that support your body's natural defenses.



FAQ'S

ABOUT ANTI-INFLAMMATORY DIET



Q: WHAT IS AN ANTI-INFLAMMATORY DIET?

An anti-inflammatory diet focuses on consuming foods that reduce inflammation in the body, such as fruits, vegetables, whole grains, and healthy fats, while avoiding processed foods, sugars, and trans fats that can promote inflammation.

Q: WHAT FOODS SHOULD I AVOID ON AN ANTI-INFLAMMATORY DIET?

Avoid processed foods, sugary snacks and beverages, refined carbohydrates, trans fats, and high-sodium foods. These can exacerbate inflammation and contribute to chronic health issues.

Q: CAN AN ANTI-INFLAMMATORY DIET HELP WITH WEIGHT LOSS?

Yes, an anti-inflammatory diet can aid weight loss by promoting the consumption of whole, nutrient-dense foods while reducing intake of processed and high-calorie foods that can lead to weight gain.

Q: WHAT ARE THE MAIN BENEFITS OF AN ANTI-INFLAMMATORY DIET?

The main benefits include reduced risk of chronic diseases like heart disease and diabetes, improved joint health, better digestive function, and enhanced overall well-being.

Q: WHAT FOODS SHOULD I INCLUDE IN AN ANTI-INFLAMMATORY DIET?

Include foods rich in antioxidants and omega-3 fatty acids, such as berries, leafy greens, fatty fish, nuts, and olive oil. Spices like turmeric and ginger also have anti-inflammatory properties.

Q: HOW LONG DOES IT TAKE TO SEE RESULTS FROM AN ANTI-INFLAMMATORY DIET?

Results can vary, but many people notice improvements in symptoms like joint pain or digestive issues within a few weeks to a couple of months of consistently following an anti-inflammatory diet.

Q: ARE THERE ANY SPECIFIC ANTI-INFLAMMATORY SUPPLEMENTS I SHOULD CONSIDER?

I recommend [Factor4](#) — with 4 of the world's most powerful anti-inflammatory ingredients: Fish Oil, Turmeric, Coenzyme Q10, and Garlic, to help you CONTROL and even REVERSE inflammation! **See below for more info!**

Q: IS AN ANTI-INFLAMMATORY DIET SUITABLE FOR EVERYONE?

An anti-inflammatory diet generally benefits most people, but individual needs may vary. It's essential to tailor dietary changes to personal health conditions and consult a healthcare professional for personalized advice.

Q: HOW CAN I MAKE ANTI-INFLAMMATORY MEALS TASTE GOOD?

Enhance flavor with herbs and spices such as turmeric, ginger, garlic, and rosemary. Experiment with different cooking methods and recipes to make anti-inflammatory foods delicious and enjoyable.

Q: HOW CAN I MAINTAIN AN ANTI-INFLAMMATORY DIET WHILE EATING OUT?

When dining out, choose dishes that include vegetables, lean proteins, and whole grains. Ask for dressings and sauces on the side, and avoid fried foods and sugary beverages to stay aligned with anti-inflammatory principles.



Q: ARE THERE ANY SPECIFIC ANTI-INFLAMMATORY SUPPLEMENTS I SHOULD CONSIDER?

Chronic Inflammatory Diseases are the Number 1 cause of sickness and death in the world! In fact, more than 50% of ALL deaths can be attributed to inflammation related diseases such as heart disease, stroke, cancer, diabetes, arthritis, kidney and liver diseases, and more.

Proudly formulated by one of the world's top immunologists, [LiveGood's Factor 4](#) is the first and only Inflammation Management supplement formulated with 4 of the world's most powerful anti-inflammatory ingredients; Fish Oil, Turmeric, Coenzyme Q10, and Garlic, to help you CONTROL and even REVERSE inflammation!

Too many doctors and health practitioners prescribe medication to address symptoms, but that doesn't fix the underlying root of those symptoms. And instead of making patients healthier, medication often creates new health challenges that didn't previously exist. Our primary goal is to help my people with natural healing, rather than medication. That starts with high quality supplements that help manage the root cause of many of those issues - inflammation.

We developed [Factor 4](#) because there was no product on the market that has arguably the 4 most powerful anti-inflammatory natural substances on earth. Until now, people would have to buy 2, 3, or 4 separate supplements to get what you can now get in just one bottle of Factor 4. We are very proud of this product and it's something that everyone should be taking every single day! [Buy Factor4 Here!](#)

Supplement Facts		
Serving Size 1 Softgel	Servings Per Container 60	
	Amount Per Serving	%Daily Value
Calories	5	
Calories from Fat	5	
Total Fat	0.5 g	2%**
Cholesterol	5 mg	2%**
Ethyl Ester Fish Oil	890 mg	†
EPA (Eicosapentaenoic Acid)	400 mg	†
DHA (Docosahexaenoic Acid)	200 mg	†
Turmeric 10:1 Extract (Curcuma longa) (Rhizome)	150 mg	†
Coenzyme Q10	50 mg	†
Garlic 10:1 Extract (Allium sativum) (Bulb)	50 mg	†
Black Pepper 4:1 Extract (Piper nigrum) (Fruit)	5 mg	†

† Daily Value not established.
**Percent Daily Values are based on a 2,000 calorie diet.

Other Ingredients: Gelatin (Bovine Hoof), Glycerin, Beeswax, Purified Water, Iron Oxide. Contains: Fish (Anchovy).



PRODUCT COMPARE

Factor4	Dr. Sinatra Omega Plus Max	Xymogen CoQMax Omega
		
LIVEGOOD MEMBER PRICE \$18.50	COMPETITOR PRICE \$56.00	COMPETITOR PRICE \$58.42
BEST VALUE!	You Save 66%!	You Save 68%!

How to Use:

Take 1 softgel by mouth twice daily with food and increase as tolerated.

The recommended dosage of 2 softgels per day is approximately 1.2 grams of EPA/DHA and is expected to provide benefits in managing inflammation. A dose of 3-4 grams of EPA/DHA, which is 6-8 softgels per day, will offer benefits in lowering triglycerides.

The softgels contain an oil mixture. Please swallow them whole and do not cut or chew.

BEST taken every day.

Pro Tip: If you experience a fishy aftertaste or belching, try putting them in the refrigerator.

Plus, don't forget to take the [Free Health Assessment](#) included inside the guide. It's helped so many people figure out exactly where to start — now it's your turn!



Supplement Facts

Serving Size 1 Softgel Servings Per Container 60

	Amount Per Serving	%Daily Value
Calories	5	
Calories from Fat	5	
Total Fat	0.5 g	2%**
Cholesterol	5 mg	2%**
Ethyl Ester Fish Oil	890 mg	†
EPA (Eicosapentaenoic Acid)	400 mg	†
DHA (Docosahexaenoic Acid)	200 mg	†
Turmeric 10:1 Extract (<i>Curcuma longa</i>) (Rhizome)	150 mg	†
Coenzyme Q10	50 mg	†
Garlic 10:1 Extract (<i>Allium sativum</i>) (Bulb)	50 mg	†
Black Pepper 4:1 Extract (<i>Piper nigrum</i>) (Fruit)	5 mg	†

† Daily Value not established.
** Percent Daily Values are based on a 2,000 calorie diet.

Other Ingredients: Gelatin (Bovine Hoof), Glycerin, Beeswax, Purified Water, Iron Oxide. Contains: Fish (Anchovy).

Dr. Sinatra Omega Plus Max



Xymogen CoQMax Omega



PRICE

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E!

COMPETITOR PRICE:

\$56.00

You Save 66%!

COMPETITOR PRICE:

\$58.42

You Save 68%!



Tina K.



Reviewed on August 19, 2024

OMG! I LOVE this! I started taking it on Friday, Aug 16, 2024. By Saturday evening, it felt like my skin was closer to my muscles. Now keep in mind that I notice ever so subtle changes in my body, but still. I am 62. I do strength training 4 days every week. Before, when I looked down at my knees I could see the muscle but there was a bunch of flesh surrounding it. Saturday evening, the amount of the loose flesh had changed drastically. Monday, August 19, 2024, those wings in my triceps when I hold my arms out has also shrunken drastically. The FACTOR is fantastic! I feel so much more ... free physically. I really don't know how to describe it, but this will be a definite recommend for me. Amazing!!!! THANK YOU!!!!



Gina G.



Reviewed on July 26, 2024

I've been using it since May 2024. I love Factor 4. Already finished 2 bottles. Awaiting the arrival of the 3rd, ordered Jul 25/24. No more tingling and numbness on my finger esp when I wake up in the morning and during sleeping time. Sciatic Nerve Pains due to Spinal Narrowing-Stenosis Pain rate 1-10. Used to be #10 rate pain reduced to rate #3. High hypertension rate used to be 150 now down to 114-20. I recommend it. Kindly try it. You will not regret at all. I appreciate the product formulator of Factor 4 and LiveGood Company. I considered God's Provision for me, my family & friends.



Peter M.



Reviewed on July 22, 2024

PRODUCT TESTIMONY: A little over a week ago, my 5 year old son fell on his hand while running and was in excruciating pain. We took him to the hospital because he cried constantly for 2+ hours. Thankfully after the x-ray was done there weren't any broken or fractured bones however there was a sprain as the outer elbow was swollen abit. The doctor did put his hand in a sling and just prescribed pain medication and suggested that we used an ice pack on it. After 2 days I decided to use LiveGood's FACTOR 4 Advanced Formula because of it's reviews and testimonials from persons that had joint pain etc and got great results. I had to cut open the capsule however because obviously my son wouldn't swallow it and squeeze out the paste unto a spoon which my son took without a fuss 🙌 (thank God). In a matter of 3 days the pain subsided and the swelling went down. He was unable to lift the entire arm but after using Factor 4 he's now able to lift it up above his head and move it more freely without pain. I am truly amazed by the benefits of this product! I was really confident of using it for him as well since it contains high quality fish oil, EPA, DHA, Turmeric, Coenzyme Q10 and Garlic 🧄 all powerful ingredients that has powerful health benefits! Now he's back to his optimal health and I am grateful that this product played an essential part in his healing 🙏. If you haven't tried Factor 4 you NEED to!

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Your health journey starts with understanding your body.

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IT'S FREE AND COULD CHANGE YOUR LIFE



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Personalized Health Insights

Get a clear picture of where you stand in key areas like heart health, stress levels, and immune strength.



Quick & Easy

The questionnaire takes just a few minutes, and the results could change your life.



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Based on your results, we'll provide simple, actionable tips tailored just for you—whether you want to lose weight, build muscle, or just feel better overall.



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CONCLUSION

As we conclude this guide on anti-inflammatory living, take a moment to appreciate the positive strides you've made toward a healthier, inflammation-resistant lifestyle. Your commitment to incorporating nutrient-dense foods, adopting mindful habits, and prioritizing overall well-being is commendable.

This journey is ongoing, with each choice contributing to your long-term health. Celebrate the small victories, stay patient, and maintain a sense of curiosity about how your body responds to different practices.

The path to an anti-inflammatory lifestyle is not just about what you eat but how you live. It's a holistic approach that considers the impact of daily choices on your body and mind. As you continue this journey, may you find fulfillment in the vibrant and resilient life that an anti-inflammatory lifestyle can bring.

Thank you for joining me on this exploration, and here's to your continued success and well-being. May your path be filled with nourishing choices and a sense of empowerment in your pursuit of a healthier, more vibrant you!

"Food is not just calories; it is information. It talks to your DNA and tells it what to do. The most powerful tool to change your health, environment, and entire world is your fork."

- Mark Hyman

THANK YOU

🙏 **Thank You for Downloading the Anti-Inflammatory Guide**

I'm so glad you took this step toward better health! I truly hope you find valuable insights within this guide that help you make smarter, more confident choices regarding your wellness.

Before you go, I want to personally invite you to take the next (and super important) step:

👉 **[Take Your Free Personalized Health Assessment](#)**

It only takes a few minutes and provides powerful, science-backed recommendations—including some of the organic, premium-quality supplements that I use and trust for my family.

This assessment has helped so many people gain clarity about what their bodies truly need. **I believe it can do the same for you.**

Here's to your health, happiness, and thriving naturally! ❤️

Daniel Popa
livegoodforlife.com
