



DANIWILLIAMSON  
WELLNESS  
DANIWILLIAMSON.COM



Dani's  
**TOP TEN SIGNS**  
of hidden inflammation

**Disclaimer:**

The statements presented in this book have not been evaluated by the Food and Drug Administration and represent the professional opinion(s) of the author. This information is for educational purposes only and is no way intended as medical advice or as substitute for medical counseling. Prior to implementing any of the strategies mentioned in this book, you should consult with your physician, especially if you are pregnant or nursing. If you do choose not to obtain consent by your physician and/or work with your physician during your time using the information, resources, or strategies listed in this book, then you are agreeing to accept full responsibility for your actions.



© 2017 - Dani Williamson Wellness  
daniwilliamson.com  
All Rights Reserved

1

## DIGESTIVE ISSUES



gas, bloating, stomach pain, constipation, diarrhea, etc. can be caused by inflammation

## ELEVATED GLUCOSE AND INSULIN LEVELS

2

elevated levels in the blood are associated with hidden inflammation



3

## MIGRAINE HEADACHES



are often caused by food sensitivities

du<sup>+</sup>

## SKIN DISORDERS

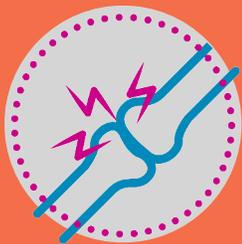
4

like acne, eczema, psoriasis, dermatitis, rosacea, oftentimes can be connected to the health of the gut



5

## JOINT PAIN AND STIFFNESS



in the hands, knees, back are indicators of hidden inflammation

## ALLERGIES

6

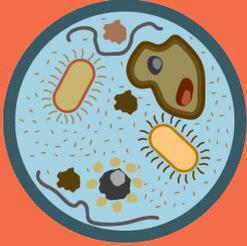
environmental or seasonal allergies can be affected by gut health



du

7

## ELEVATED C-REACTIVE PROTEIN (CRP)



an inflammatory marker  
in the blood

## GUM DISEASE

8

is an outward sign of  
hidden inflammation



9

## DEPRESSION AND ANXIETY



can be a sign of low serotonin from  
a chronically inflamed leaky gut

du

is often a direct result  
of inflammation



We hear a lot these days about inflammation and its effects on us. I know it causes everything from weight gain to chronic illnesses. And you don't have to be "sick" to live with the effects of persistent inflammation. Let me tell you about someone I know.

This husband and wife in their late fifties are, by most estimations, healthy people. They exercise, eat the right foods, limit their sugar, and haven't been to a fast-food restaurant in years. However, neither of them could shake the ten or so pounds that stood between them achieving their optimal weights. In addition, the husband was taking *Prilosec* and blood pressure medicine.

I encouraged them to take a look at the possibility that their problem might be inflammation. They followed my advice and the protocol I give to almost every patient—*The Virgin Diet*. Day one was hard, but from that point on, things got easier. They began to lose weight, the husband quit taking *Prilosec* (and anticipates eliminating the blood pressure medicine after his next physical), gained mental clarity, improved their energy, and have been told they look younger.

What did they change? Their diet. They eliminated seven things and recognized that their previous diet wasn't nearly as healthy as they thought. Today, they are inspirations to anyone who says, "I can't change at my age." That's not true and I can prove it.

