

Elizabeth
YARNELL



REDUCE INFLAMMATION NATURALLY
FOR BETTER HEALTH

A RADICALLY NEW
APPROACH FOR
CHRONIC ISSUES,
MULTIPLE SCLEROSIS, and
AUTOIMMUNE CONDITIONS

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ARE PAINFUL OR ANNOYING SYMPTOMS HOLDING YOU BACK FROM LIVING YOUR LIFE TO THE FULLEST?

When I was diagnosed with a chronic inflammatory condition, my view of the world changed. Everything now seemed to have the potential to worsen my symptoms of multiple sclerosis. Foods, drinks, cleaning products... Every time I turned on my computer it seemed there was a new warning about a favorite food, or a new supplement or type of diet to try. Often my head would be spinning and I would end up more confused than before and be left with an overwhelming feeling of helplessness.

And if you've felt this way, too... If you feel like you are permanently swollen... If you feel like your identity has been taken away from you... Know that it doesn't have to be that way.



Elizabeth
YARNELL

WATCH THIS FIRST

Before we work with anyone, it's important that you understand the foundation of this approach.

Please set aside 20 minutes to watch these short videos, and if you have a spouse, partner, or significant other, they will want to watch these, too.

At its base Multiple Sclerosis, like every Autoimmune Condition, is characterized by uncontrolled inflammation. Even if you don't have MS or any formally diagnosed condition, but you feel that inflammation is playing a role in how you feel, then this information could turn your life around.

Many of the therapies and lifestyle changes that work to reduce inflammation for people with Multiple Sclerosis will work just as well for you, too!

This video explores how what you eat can trigger symptoms of inflammation in your body.

Dietary Therapies for Inflammation



WATCH THIS NEXT

In this short video, Elizabeth explains the tried-and-true protocols for reclaiming control over your health in the

— The —
INFLAMMATION
— ACADEMY® —



WHAT IT'S LIKE TO WORK WITH ELIZABETH

Hear what those who have gone through the program have to say about their **experience** and their lasting **results.**



Watch
now!

ARE ANY OF THESE SYMPTOMS FAMILIAR?

- Fatigue/Weakness
- Brain Fog/Memory
- Bloating/Irritable Bowels
- Pain or Discomfort
- Numbness/Tingling
- Spasticity/Cramps

#HappyClient

"Your consult(s) provided details that helped me better understand my body and my relationship with food."

— Carol C., Miami, Florida

"I had a great experience working with Elizabeth doing the food sensitivity program. Elizabeth was great to work with as she is easy to talk to and knowledgeable about foods, recipes, etc. Overall, I lost approximately 17 pounds, but more than that I learned a new way of eating that works with my body."

— Tara L., Woodland Hills, California

CLICK HERE TO WATCH



HAPPY
Client
VIDEOS



LEARN MORE!

You have the power to reclaim your dreams and plans for the future! All it takes is awareness and the commitment to taking small actions that can change the course of your life.

[Follow Elizabeth](#) to hear what your doctors don't tell you about the root triggers of chronic illness.

CLICK TO WATCH

*HOW ADDRESSING
INFLAMMATION WORKS FOR
autoimmune conditions*
such as multiple sclerosis



RECLAIM CONTROL OVER YOUR HEALTH

- Are you ready to investigate the root of chronic pain, discomfort, and dysfunction?
- Are you ready to explore a new paradigm for understanding your body and your health?
- Are you ready to commit to improving your future?

If you are serious about wanting to improve your health, let's do it! It starts by booking a risk-free natural health assessment to determine the best place for you to start with this natural approach.

CLICK TO WATCH

A REVOLUTIONARY NEW APPROACH TO MULTIPLE SCLEROSIS



I wasn't sure it would work...

I haven't felt this good in years!

WHAT THEY SAY

Little did I know how little I knew.

I had to learn a whole new way of eating... and I'm glad that I did.

My doctor didn't know this information.

Restricting my diet actually opened a whole new world of food choices.

WHAT CAN YOU EXPECT?



Reduced or eliminated symptoms.



Confidence in the new way of eating.



Optimism about the future.



More energy, less fatigue, clearer thinking.



Improved diet, nutrition, & digestion.

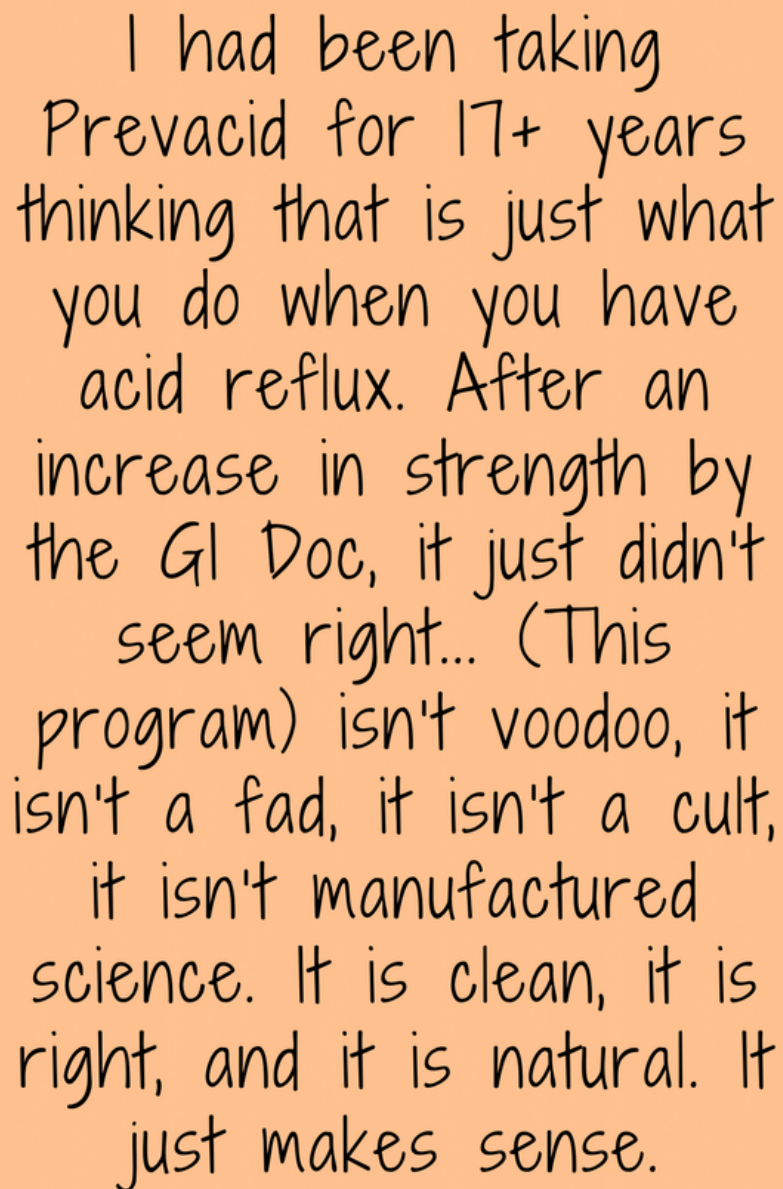


Safe, logical, & effective eating plan.



Improved sense of wellbeing.

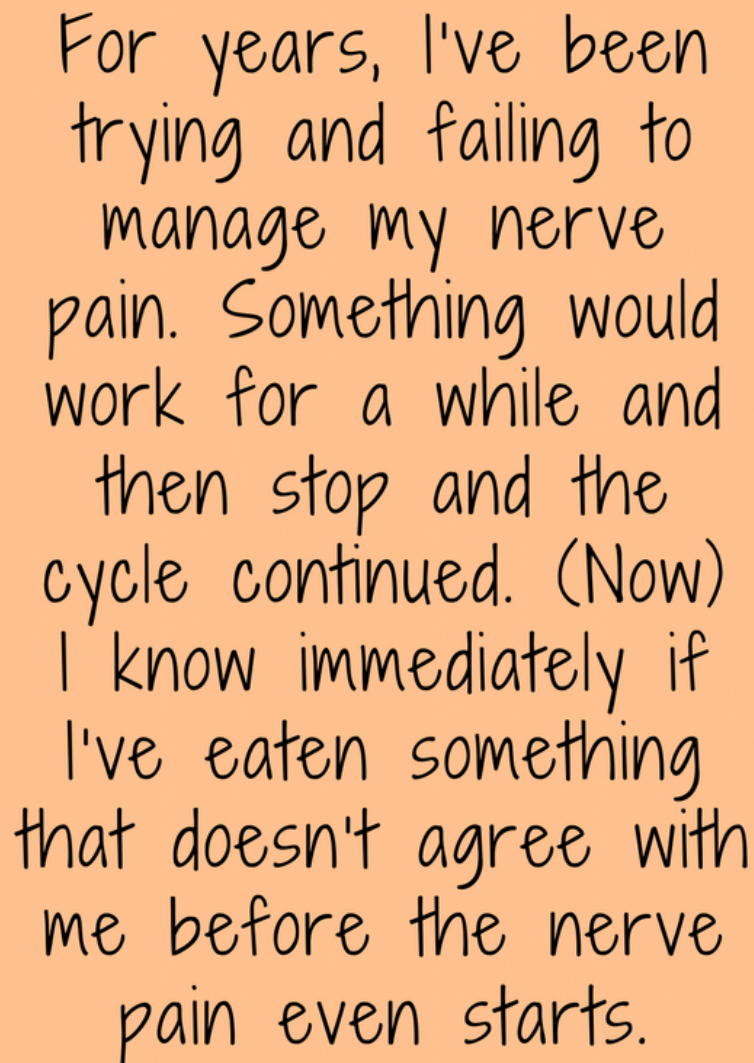
WHAT THEY SAY



I had been taking Prevacid for 17+ years thinking that is just what you do when you have acid reflux. After an increase in strength by the GI Doc, it just didn't seem right... (This program) isn't voodoo, it isn't a fad, it isn't a cult, it isn't manufactured science. It is clean, it is right, and it is natural. It just makes sense.

Jim Cohen, Denver, CO

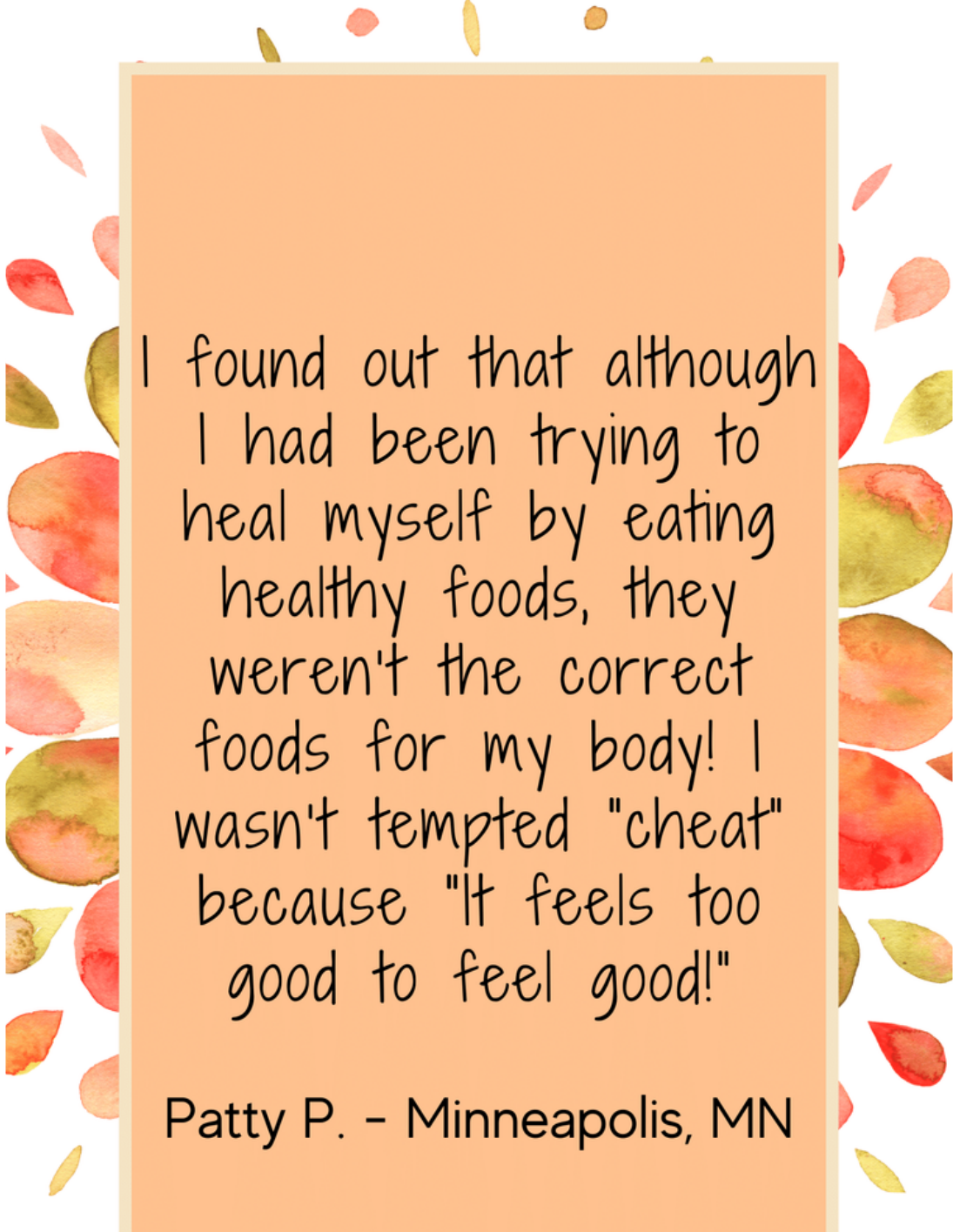
WHAT THEY SAY



For years, I've been trying and failing to manage my nerve pain. Something would work for a while and then stop and the cycle continued. (Now) I know immediately if I've eaten something that doesn't agree with me before the nerve pain even starts.

Liv, Boulder, CO

WHAT THEY SAY



I found out that although I had been trying to heal myself by eating healthy foods, they weren't the correct foods for my body! I wasn't tempted "cheat" because "It feels too good to feel good!"

Patty P. - Minneapolis, MN

THE INFLAMMATION CONNECTION

The guidance and support you need to live a life without symptoms

- ✓ Reduce or Eliminate Symptoms
- ✓ Build a Stronger Immune System
- ✓ Improve Digestion
- ✓ Increase Absorption of Nutrients
- ✓ Heal the Gut
- ✓ Regulate Your Bowels
- ✓ Eradicate Parasites
- ✓ Remove Toxins

The
INFLAMMATION
ACADEMY®

1

IDENTIFY

You don't know what you don't know. Learn how to spot the foods, personal care products, cleaners, and other daily exposures keeping you trapped in the misery of a body not functioning as it should.

Re-solve hidden parasitic infections.
Re-program your neurological system.
Re-learn movement with neuroplasticity.
Re-move toxins , heavy metals, molds.

2

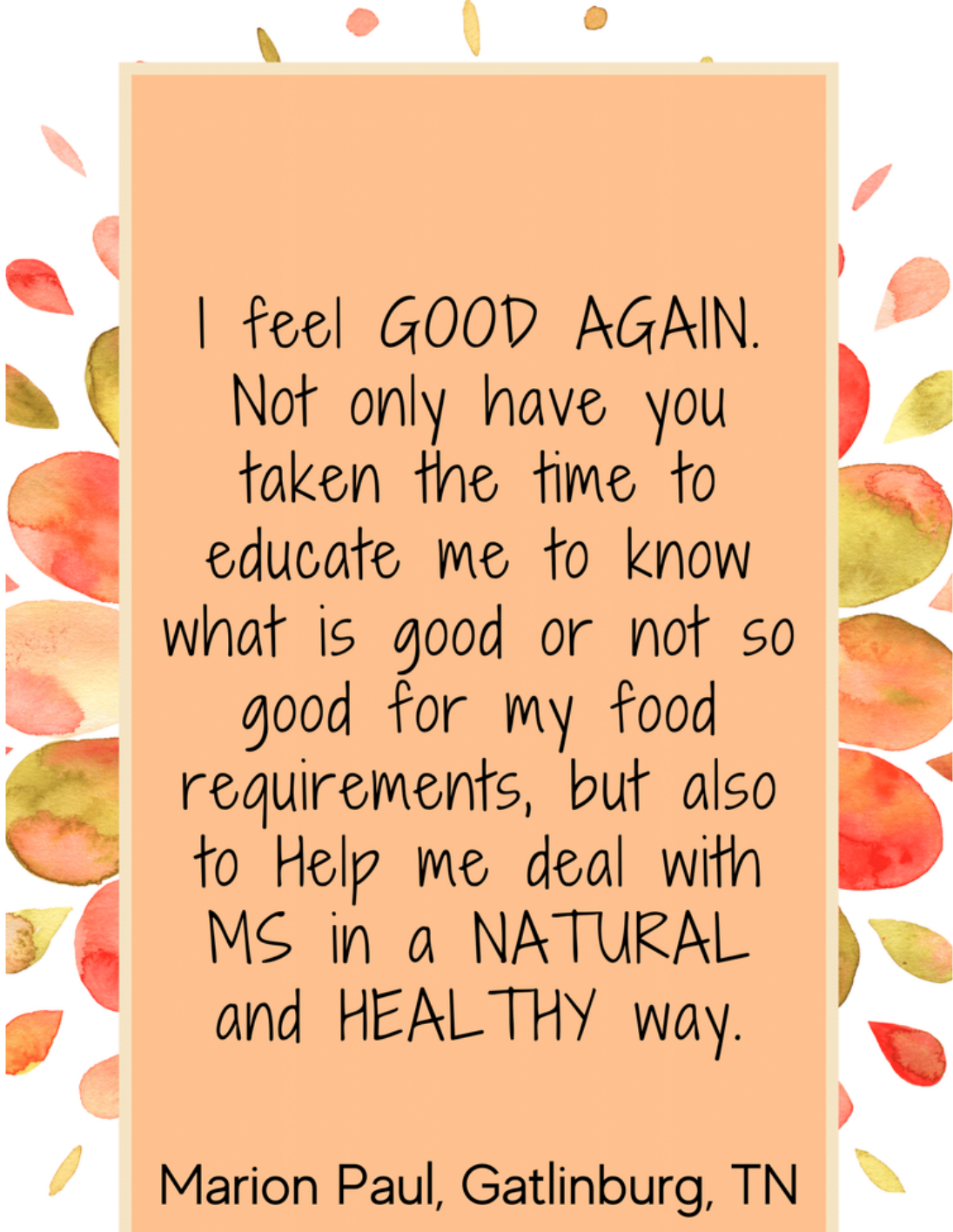
RE-ACT

3

TEST

Take the next step with sophisticated blood and urine testing to design customized dietary and digestive solutions to speed your journey to feeling better fast.

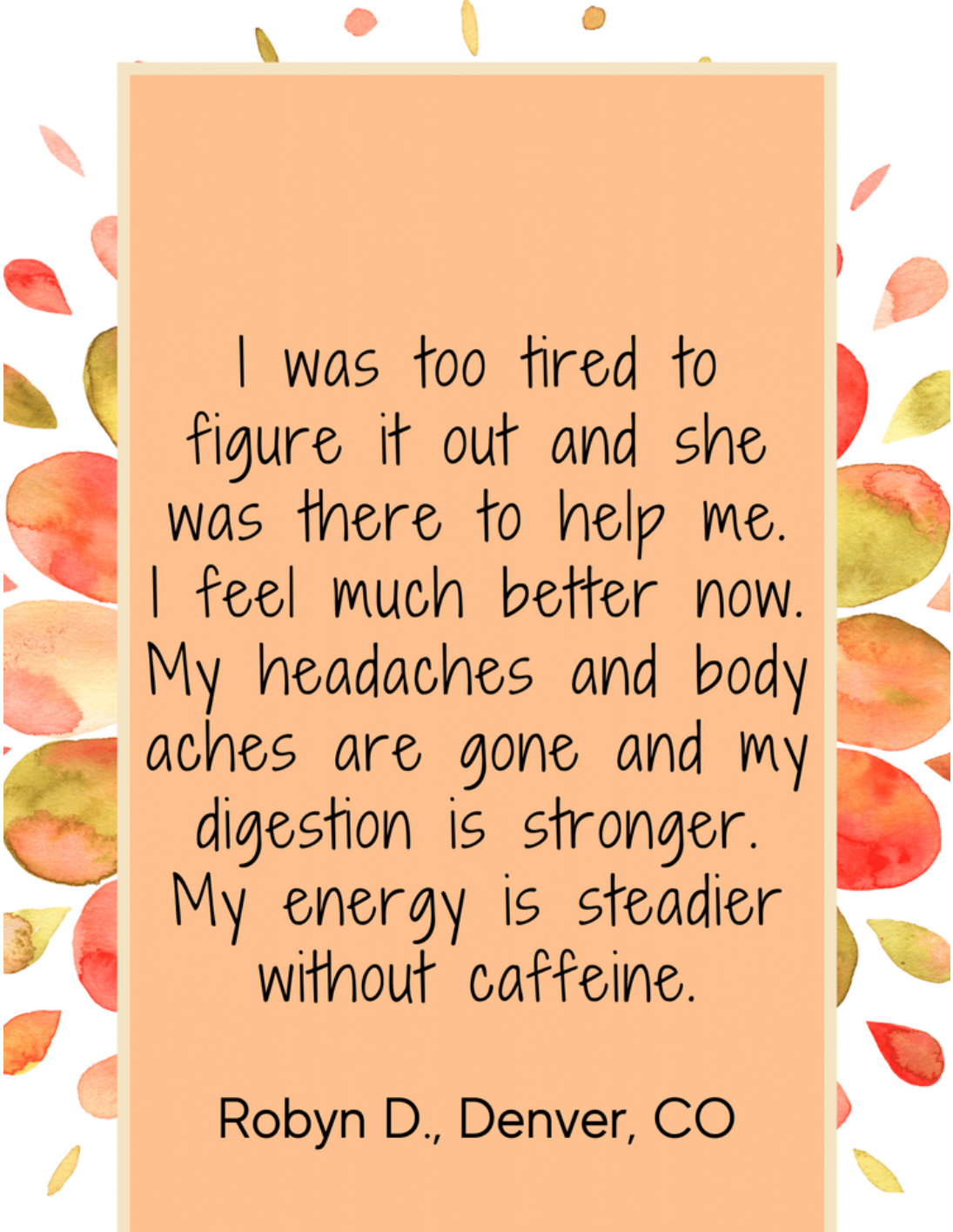
WHAT THEY SAY



I feel GOOD AGAIN.
Not only have you
taken the time to
educate me to know
what is good or not so
good for my food
requirements, but also
to Help me deal with
MS in a NATURAL
and HEALTHY way.

Marion Paul, Gatlinburg, TN

WHAT THEY SAY











I was too tired to figure it out and she was there to help me. I feel much better now. My headaches and body aches are gone and my digestion is stronger. My energy is steadier without caffeine.






Robyn D., Denver, CO

WHERE ARE YOU IN YOUR PERSONAL *Health Journey?*

The last thing I want is for this next year to pass and you to still be:

-  Stressed and overwhelmed not knowing how to improve your condition...
-  Searching different topics on the internet for their relation to your specific symptoms...
-  Struggling to read through a bunch of books and "research" that contain conflicting information...
-  Worried you could be spending a bunch of money on the wrong foods and supplements...
-  Confused and uncertain about which exercises are right for you...
-  Concerned that your symptoms are multiplying...
-  Realizing you actually feel worse more frequently now than you did a year ago...
-  Hoping that the plan you've pieced together won't lead to disappointment. Again. I don't want ANY of that for you throughout this next year... and beyond.

Instead, I want this to be the year you start improving.

-  I want you to be educated, empowered, and make the right decisions for YOU.
-  I want you to be active and live the life you want to live...
-  I want you to travel and go on adventures...
-  I want you to be independent and have good quality of life...
-  And I want you to be there for your friends, family, kids, and grandkids long into the future.

The Inflammation Academy programs are thoughtfully designed by a professional instructional designer to meet you where you are in your commitment to reclaiming your health. Each level in the Inflammation Staircase contains information, research, and therapies that you won't find anywhere else. Not only is this information your doctor likely doesn't know or have experience with, but it's curated and synthesized to be easily digestible and eminently actionable.

If you are ready to invest your time, energy, and resources into proven steps to help you feel better, then read on to learn how it works.

Are you ready to start living your **anti-inflammatory life?**

Only you have the power to change your life... with the right
EDUCATION, GUIDANCE, AND SUPPORT

That's the mission of The Inflammation Academy. It's an intentional community dedicated to learning to identify, eliminate, and recover from the pain, discomfort, dysfunction, and despair of chronic inflammation.

Choose the level of commitment right for you and your health journey.

Kickstart Banish overwhelm with 7 easy videos to kickstart your health journey.

Sleuth Look into anti-inflammatory habits and lifestyle changes that could make a real difference in how you feel.

Analyst Supercharge your healing by adding in mind and body work through neuro-reprogramming and targeted movement.

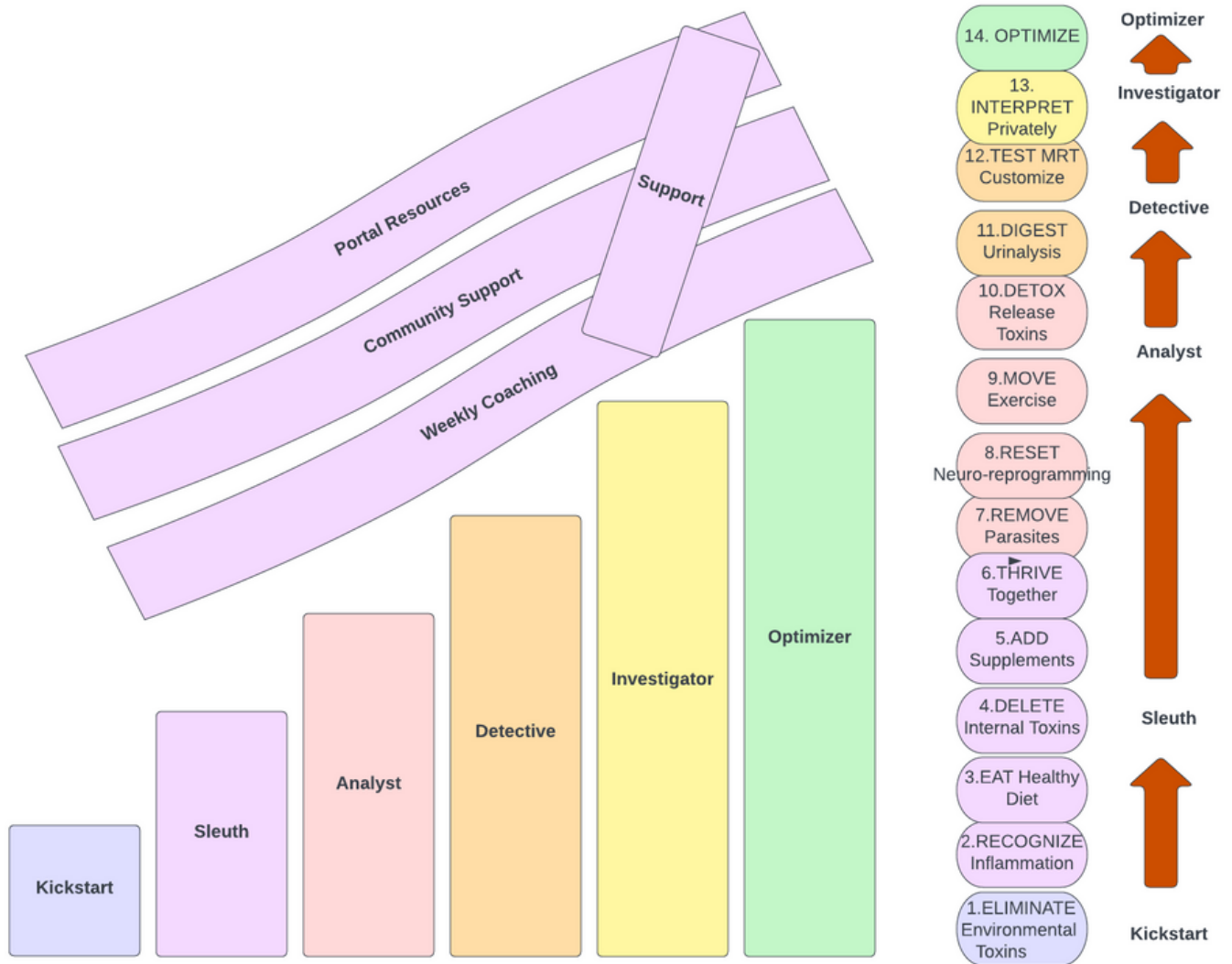
Detective Fine tune your efforts with sophisticated blood and urine testing to discover your exact food sensitivities and take years off of your health journey.

Investigator Do it all with the benefit of hours of private one-on-one time and guidance with Elizabeth.

Optimizer Take your health to the next level with sophisticated testing to pinpoint deficiencies and adjust behaviors.

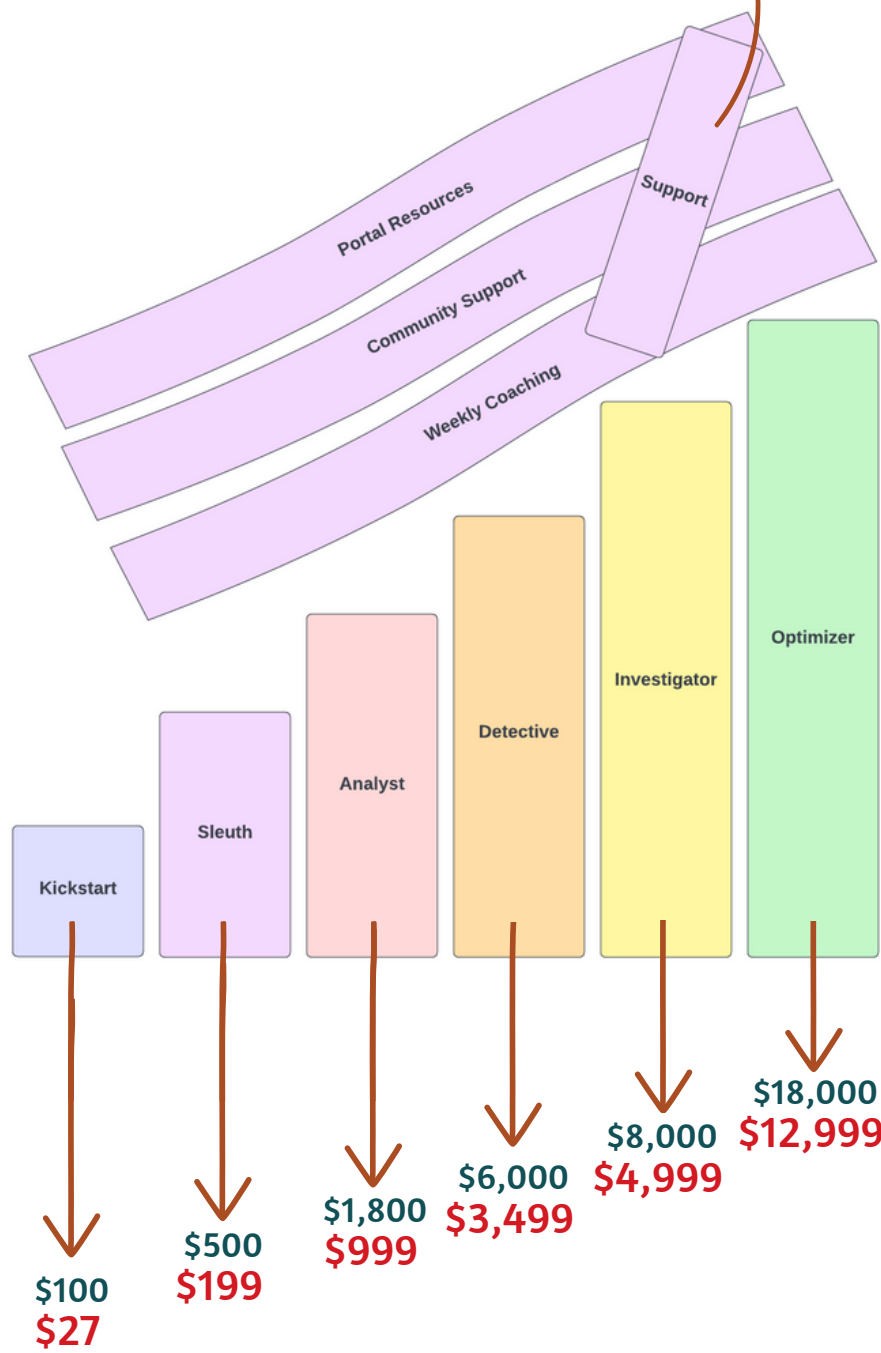


The INFLAMMATION ACADEMY®



Your Solutions for an
Inflammation-free Life

\$99/month
\$49/month



- 14. OPTIMIZE **Optimizer** ↑
- 13. INTERPRET Privately **Investigator** ↑
- 12. TEST MRT Customize **Detective** ↑
- 11. DIGEST Urinalysis **Analyst** ↑
- 10. DETOX Release Toxins **Analyst** ↑
- 9. MOVE Exercise **Analyst** ↑
- 8. RESET Neuro-reprogramming **Analyst** ↑
- 7. REMOVE Parasites **Sleuth** ↑
- 6. THRIVE Together **Sleuth** ↑
- 5. ADD Supplements **Sleuth** ↑
- 4. DELETE Internal Toxins **Sleuth** ↑
- 3. EAT Healthy Diet **Sleuth** ↑
- 2. RECOGNIZE Inflammation **Sleuth** ↑
- 1. ELIMINATE Environmental Toxins **Kickstart** ↑

Are you ready to take the right steps toward finally reclaiming control of your health?

Program Comparison Chart

MODULES	KICKSTART	SLEUTH	ANALYST	DETECTIVE*	INVESTIGATOR*	OPTIMIZER*
ELIMINATE		✓	✓	✓	✓	✓
RECOGNIZE	✓	✓	✓	✓	✓	✓
EAT		✓	✓	✓	✓	✓
DELETE		✓	✓	✓	✓	✓
ADD		✓	✓	✓	✓	✓
THRIVE		✓	✓	✓	✓	✓
REMOVE			✓	✓	✓	✓
RESET			✓	✓	✓	✓
MOVE			✓	✓	✓	✓
DETOX			✓	✓	✓	✓
DIGEST*				✓	✓	✓
TEST*				✓	✓	✓
RECIPES		✓	✓	✓	✓	✓
COMMUNITY		✓	✓	✓	✓	✓
SUPPORT (group)		✓	✓	✓	✓	✓
SUPPORT (private)					✓	✓
SUPPORT (private) 12 Months						✓
REGULAR RATE	\$100	\$500	\$1,800	\$6,000	\$7,000	\$18,000
YOUR INVESTMENT IN THE FUTURE	\$27	\$199	\$999	\$3,499	\$4,999	\$12,999

Must live in North America to qualify for purchase.

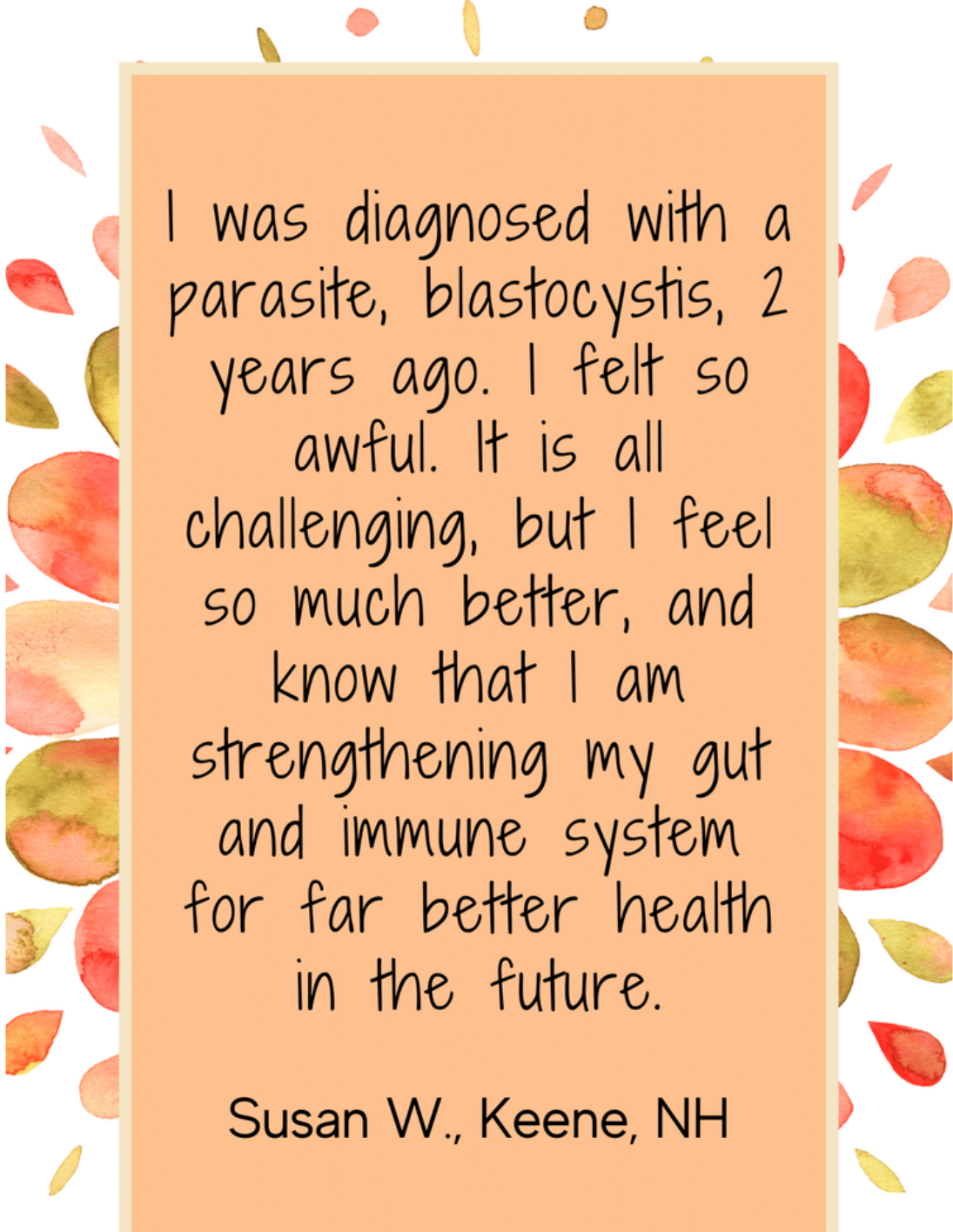


Join at the level
right for you...
and move up anytime
you're ready!

Take advantage of special launch
pricing for a limited time!



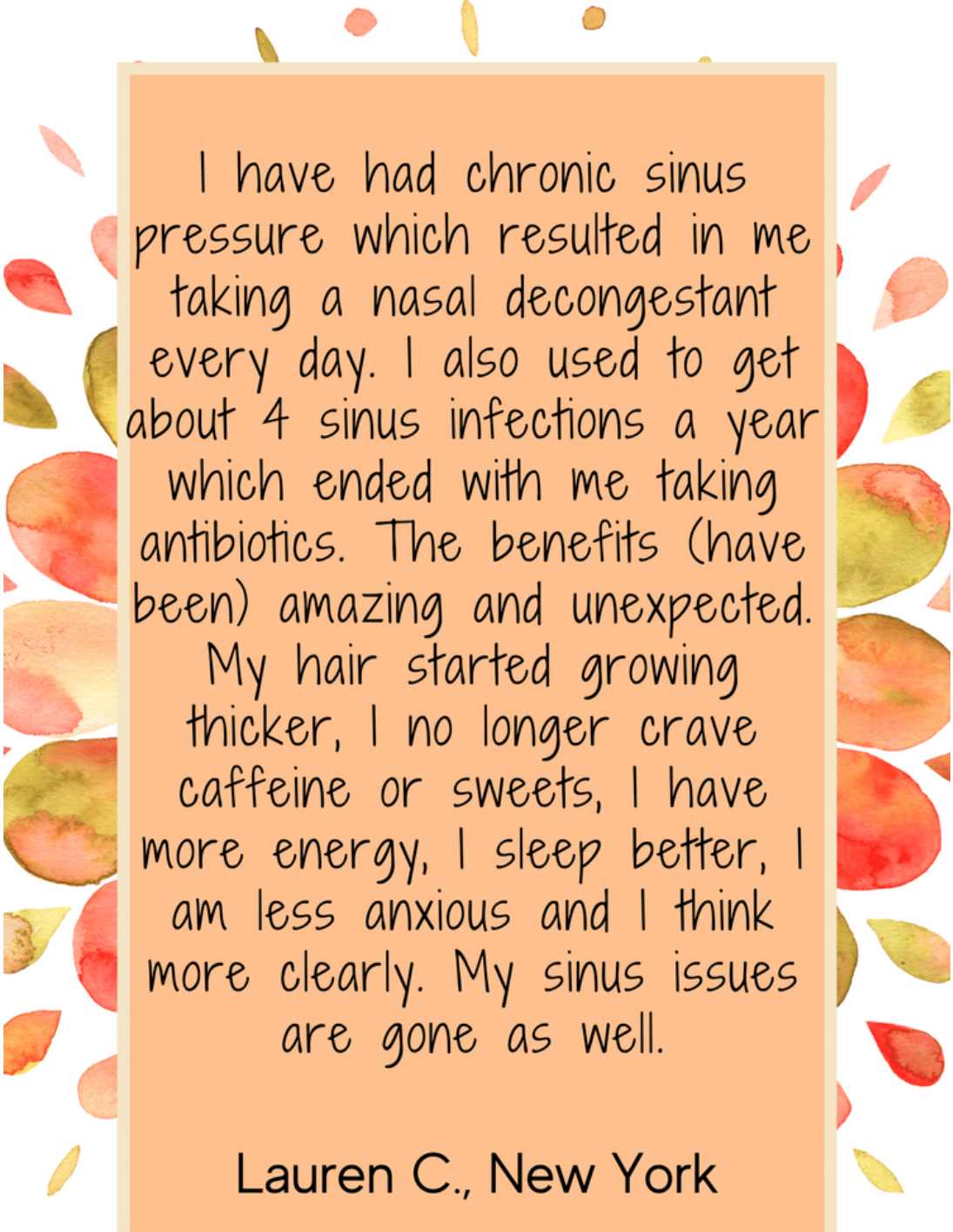
WHAT THEY SAY



I was diagnosed with a parasite, blastocystis, 2 years ago. I felt so awful. It is all challenging, but I feel so much better, and know that I am strengthening my gut and immune system for far better health in the future.

Susan W., Keene, NH

WHAT THEY SAY

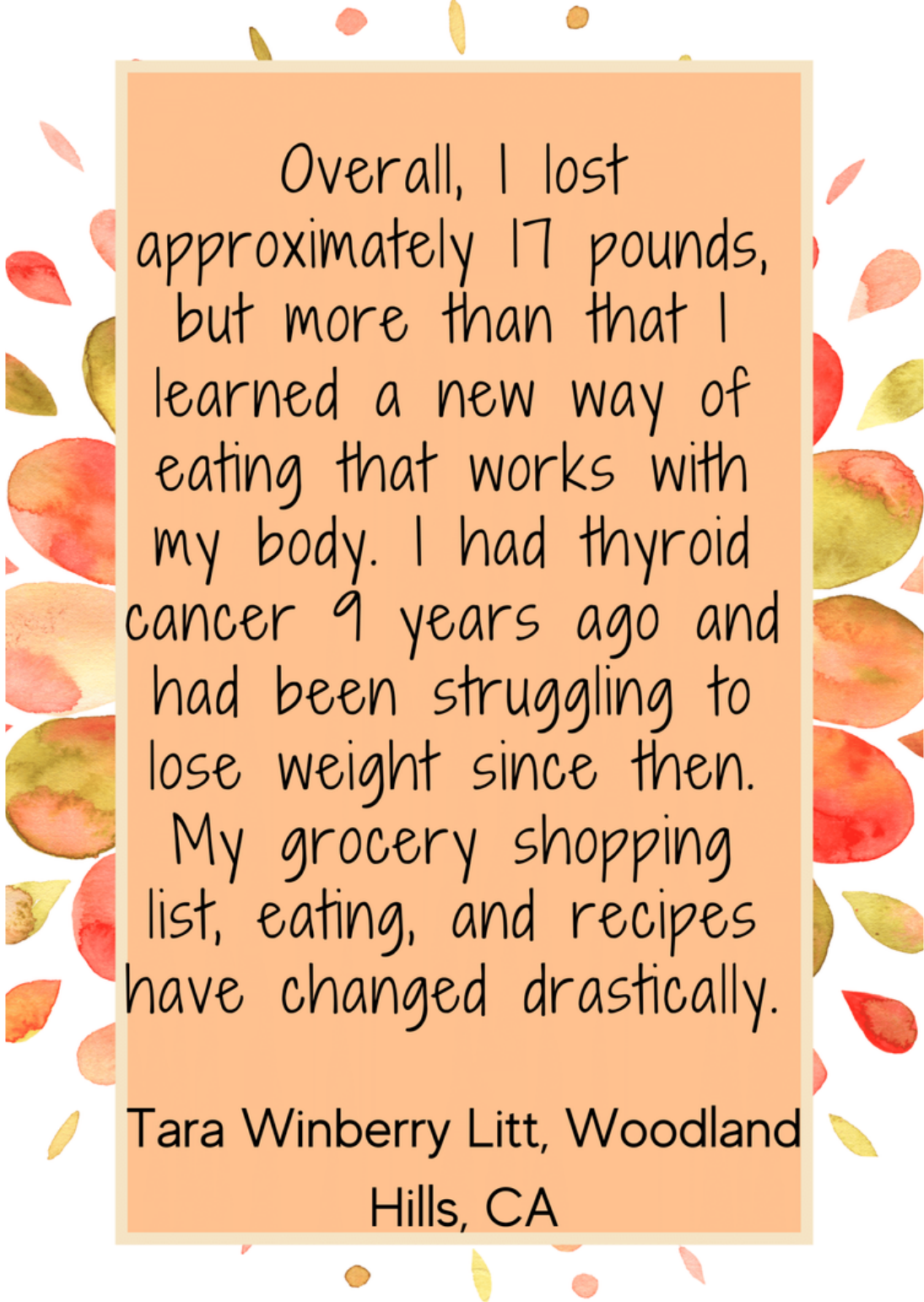


I have had chronic sinus pressure which resulted in me taking a nasal decongestant every day. I also used to get about 4 sinus infections a year which ended with me taking antibiotics. The benefits (have been) amazing and unexpected.

My hair started growing thicker, I no longer crave caffeine or sweets, I have more energy, I sleep better, I am less anxious and I think more clearly. My sinus issues are gone as well.

Lauren C., New York

WHAT THEY SAY



Overall, I lost approximately 17 pounds, but more than that I learned a new way of eating that works with my body. I had thyroid cancer 9 years ago and had been struggling to lose weight since then.

My grocery shopping list, eating, and recipes have changed drastically.


Tara Winberry Litt, Woodland Hills, CA



ABOUT Elizabeth Yarnell

Elizabeth Yarnell is obsessed with inflammation. The hidden kind that is behind almost every symptom of pain, discomfort, or dysfunction and especially those symptoms that characterize autoimmune and other inflammatory disorders. The kind of chronic inflammation that can be challenging for medical doctors to understand or successfully manage.

Based on 15 years as a **traditional naturopath** and **certified food sensitivity therapist**, she designed The Inflammation Academy® to empower anyone anywhere to reclaim control over how they feel today and tomorrow through non-pharmaceutical lifestyle changes.

Check out her upcoming book: *The Multiple Sclerosis Inflammation Connection: **From Life Sentence to Life Solution.*** 

She's an award-winning cookbook author, TEDx speaker, and patented inventor with a robust following of fans for a unique, patented method of cooking. Elizabeth frequently appears in online summits, on podcasts, and on live stages, and was recently featured in the "Strange Pain" Docuseries alongside Dr. Tom O'Bryan.