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## PURE Talk Radio

### PURE Talk Radio Archives Available

#### July 30th 2013: Embracing Health; Meals that Heal Inflammation

Arthritis, allergies, heart disease and digestive issues are all linked to inflammation. Super foods can be medicine to our body! Not only can these foods transform our health, balance our hormones and neurochemistry resulting in increased happiness and joy, they support a "Live It" instead of diet way of being! Join Bonnie Wirth on PURE Talk Radio as she welcomes her brilliant and inspiring guest Julie Daniluk, author and nutritionist. Learn how to create health, vitality, and live your best life now; it is not only deliciously tantalizing, but possible!

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### Featured Guest

Guest Image

#### Julie Daniluk

Nutritionist Julie Daniluk hosts Healthy Gourmet, a reality cooking show that looks at the ongoing battle between taste and nutrition.

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