



Inflammation, simply put, is the activation of your immune system. In the body, that serves a very important purpose for healing tissues and fighting infections. So inflammation is GOOD in some cases.

The difference between good inflammation, and bad inflammation is whether or not it has spread to other parts of the body (systemic inflammation).

Eliminating systemic inflammation is a BIG goal in my practice, for good reason! Chronic inflammation is linked to almost every disease process out there: high blood pressure, high cholesterol, autoimmune disease just to name a few.

Here are the 6 ways I treat inflammation in my practice:

1. Anti-inflammatory diet

The number one way we get inflammation in our body, other than an injury, is from eating foods that create inflammation! In my practice, we put you on a

customized anti-Inflammatory diet based on YOUR immune system. After all, we are all different right?!

2. Food Allergy Testing/Leaky gut screening

Food allergy testing is an important part of your diagnosis, and the Lab you choose is the most important part. We are proud users of CYREX Labs, who tests not only the protein but the lectin in the foods. Additionally, they test the food raw, cooked, and modified because that all presents differently to the immune system.

3. Poop Testing

Yep! Gives us great information about whether a virus, fungus, or any other bad guys are causing your inflammation.

4. Blood work

There are key inflammatory markers in the blood stream that gives us great information about the amount of inflammation in the body.

5. Customized Supplement Protocol

I use specific immune modulators which basically means that they help to drive down systemic inflammation.

6. Chiropractic Care and Soft Tissue Release

Whether it is systemic chronic inflammation, or inflammation due to an injury, chiropractic adjustments are a stellar treatment. It turns out that crack you hear or don't, restores motion to joint which helps to pump inflammation out of the area. The motion of the joint actually turns off your pain receptors. We know that everything is connected, so addressing any muscle/ligament/tendon concerns is a part of every Chiropractic treatment here.



Sheena *chiropractor*  **Joseph D.C.**
nutrition expert

