

## INFLAMMATION and FUNCTIONAL MEDICINE

Inflammation can be a very necessary healing response to some type of damage to your body or it can be an out-of-control illness and your worst health nightmare! There are many risk factors that can increase your chances of developing chronic inflammation including age, obesity, diet, smoking, sleep, allergens, stress, toxins, glucose levels, and following the Standard American Diet (SAD) are a few.

**Chronic inflammation is a dangerous immunological reaction that can damage healthy cells.**

Diseases, including **cancer, heart disease, respiratory disease, stroke, Alzheimer's disease,** and **nephritis** all have their roots in inflammation within our bodies. Other conditions include:

- **Chronic pain and muscle spasm**
- **Migraine headaches**
- **Fibromyalgia**
- **Chronic fatigue**
- **Multiple sclerosis**
- **Autoimmune disorders**
- **Obesity and weight control problems**
- **Diabetes**
- **High blood pressure**
- **High cholesterol**
- **Irritable bowel and other GI disorders**
- **Mood disorders such as depression and anxiety**
- **ADD/ADHD**
- **Psoriasis and other inflammatory skin conditions**

**A proper evaluation, with an individualized treatment program can help reduce inflammation.**

Functional medicine involves understanding the origins, prevention and treatment of complex chronic disease and chronic inflammation. If you or someone you know are dealing with ongoing symptoms, are on medications for these chronic conditions, or leading a lifestyle where inflammation may be developing, give us a call today at 515-233-2263 to schedule a visit with our functional medicine specialist, Dr. Jahnaya Rebarcak.

**Visit our website at [www.painreliefiowa.com](http://www.painreliefiowa.com) for more information or to make an appointment.**

