

Chiropractic Care Helps with Inflammation

Chronic inflammation can have a very serious impact on your health if left untreated. This is a condition that has received a lot of attention recently – and for good reason. Inflammation has been found to be a factor in many chronic diseases.

Here's what you need to know and how chiropractic can help.

Inflammation alone it necessarily isn't harmful. It can be a healthy and normal response by the body to preserve itself. Inflammation helps remove debris from the body like irritants and pathogens so the healing process can begin. The problem arises when regular inflammation becomes chronic. At this point, the body creates even more inflammation to respond to the existing inflammation that can have serious consequences.

Chronic inflammation is caused by imbalances in the immune system. Our immune systems develop over time in response to our environment. The more successes it has, the stronger it becomes. Additional causes include certain lifestyles and foods, not getting enough restful sleep, and too much stress. Chronic inflammation can also be a result of the body's inability to eliminate the cause of acute inflammation or an autoimmune response where the immune system is unable to differentiate between unhealthy pathogens and healthy tissue.

Most people aren't aware they have chronic inflammation until they are diagnosed with a disease that is associated with it such as Crohn's disease, multiple sclerosis, or rheumatoid arthritis. Some signs to be aware of include:

- Weight gain
- Shortness of breath
- Indigestion
- Stiffness
- Congestion
- Frequent infections
- Painful joints
- Skin problems
- Lethargy and fatigue
- High blood pressure
- Allergies and asthma

Studies show that chiropractic adjustments can help reduce the production of two inflammatory cytokines, thus reducing inflammation in the body. Along with chiropractic adjustments, anti-inflammatory diets, certain supplements, and treatments such as hyperbaric oxygen therapy can help with inflammation.



*This healthy living information is provided by
your Doctor of Chiropractic and the
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