

## Inflammation

One of the big buzzworthy topics right now in healthcare is inflammation. GI dysfunction, cancer, acute pain, chronic pain, heart disease, and autoimmune issues all have some inflammatory component. Let's try to demystify inflammation.

So exactly what is inflammation? Simply put, it's the body's natural, initial response to an acute injury or foreign invader. Once these irregularities are found, a cascade of events follows to eliminate whatever is aggravating the body. In the initial phase of inflammation, the blood vessels dilate and vascular permeability changes, sending more blood flow and large molecules to the area. These two account for the swelling you may see after an injury; it is a literal flood of fluid, white blood cells, and chemical mediators designed to clear out the "bad" tissue. Normally, once the problem is removed, the inflammatory response will cease, so that healing and repair can begin. When the process acts as intended, inflammation is a good thing.

Why is inflammation treated like it's a bad thing? Inflammation is a problem when it continues longer than it should. Like a house guest that doesn't know it's time to leave, inflammation should do its job, clear out, and allow the tissue to heal or otherwise return to normal. However, if the initial issue does not resolve, then the inflammatory response continues, even after it is no longer helping. Worse, as is the case in many autoimmune diseases, the body can think it needs to be in an inflammatory state, even when it doesn't. Diseases like Rheumatoid Arthritis, Psoriasis, Ulcerative Colitis, and Celiac all occur when there is a dysfunctional inflammatory response. In addition to these issues, chronic inflammation is very closely associated with Heart Disease and Type II Diabetes, which are both major issues in this country. What can we do to about these issues? We will address some strategies to lower inflammatory levels in our next newsletter!

---

## SERVICES OFFERED

AO ADJUSTMENT  
SPINAL ADJUSTMENTS  
EXTREMITY ADJUSTMENTS  
MASSAGE THERAPY  
INTERFERENTIAL  
ULTRASOUND  
THERAPEUTIC EXERCISE  
SUPPLEMENT COUNSELING

---

**8773 Perimeter Park Ct  
Jacksonville, FL 32216**

### HOURS:

MON 8:30A-12:30P 1:30P-6P  
TUES 8:30A-2P  
WED 8:30A-12:30P 1:30P-6P  
THUR 8:30A-2P  
FRI 8:30A-12:30P 1:30P-6P

**[WWW.PIERCECHIROJAX.COM](http://WWW.PIERCECHIROJAX.COM)**



**PIERCE CHIROPRACTIC**  
REHABILITATION CENTER