



Spotlight on:

# Inflammation & Pain

Pain is one of the most common reasons people seek help from a healthcare provider. According to the Institute of Medicine more than 100 million Americans suffer with chronic pain. This exceeds the combined number of ALL people suffering with diabetes, heart disease and cancer.

Pain can be caused by many things, but when there is pain there is often inflammation. Inflammation may in fact be the cause of your pain. Even more concerning is inflammation has the nickname of the “silent killer”. This is because inflammation will often precede (happen before) many of the chronic diseases we see in the elderly population. Conditions like Alzheimer's, cardiovascular disease, bad arthritis, and more . . . often began as inflammation that was never identified or properly dealt with earlier in life.

In this “KNOW YOUR NUMBERS” health series we are giving you the straight answers to know if you are at risk due to inflammation. It’s time for you to take back control of your health. Here’s what you need to know:

<b>C-Reactive Protein, Cardiac</b>	0.00 - 0.99	Optimal - this is where you want to be.
	1.00 - 3.00	Higher than optimal. We still want to take action as even low levels of inflammation can cause problems for your future health.
	3.01 or above	Inflammation is here and definitely a problem and should be taken seriously. More investigation may be needed to identify the cause of your inflammation. This may require both dietary changes and natural / nutritional therapies to bring under control.
<b>Sedimentation Rate (ESR)</b>	0 - 10	Optimal - this is where you want to be.
	11 - 30	Higher than optimal. We still want to take action as even low levels of inflammation can cause problems for your future health.
	31 or above	Inflammation is here and definitely a problem and should be taken seriously. More investigation may be needed to identify the cause of your inflammation.
<b>Uric Acid</b>	0.0 - 3.6	Lower than optimal. Possibly a deficiency of Folic Acid, B12 or Molybdenum.
	3.7 - 5.7	Optimal - this is where you want to be.
	5.8 - 8.6	Higher than optimal. May have more aches and pains throughout body (Pseudogout).
	8.7 or above	Clinically high levels. This may result in a condition called Gout which can cause mild to severe pain and inflammation in only one joint or multiple joints of the body.
<b>Cortisol, AM</b>	0.0 - 6.1	Very low. Cortisol helps to reduce inflammation in the body. Too little cortisol means inflammation is more likely to happen in the body. Adrenal fatigue is likely a problem.
	6.2 - 9.9	Lower than optimal. May need to support adrenals to prevent this from getting worse.
	10.0 - 15.0	Optimal - this is where you want to be.
	15.1 - 19.4	Higher than optimal. We are getting concerned about too much stress.
	19.5 or above	Clinically high levels. Cortisol is a stress hormone, and this is indicating too much stress.

Even low levels of inflammation can slowly damage cells and tissues causing health problems later in life. Don’t let inflammation keep you from having a healthy mind and body as you get older. Ask us how you can get your body tested for inflammation along with other important lab tests to get healthy and stay healthy!

*This information is brought to you by Dr. John W. Larson, DC. Dr. Larson is a national expert in lab testing and using dietary, nutritional and lifestyle therapies to improve overall health. Dr. Larson teaches doctors and holistic health providers around the country on the benefits of using lab testing to determine the best dietary and nutrition therapies for their patients. He is also creator of the BLT System and the Wholesale Blood Lab Testing Service which brings lab testing to everyone at a much lower cost ([www.bltsystem.com](http://www.bltsystem.com) - click on “Order Lab Tests”). Dr. Larson is in private practice at Healing Choices - Natural Healthcare located in Elk River, MN and he is available for consultations in Minnesota by calling 763-241-5436 or visit [www.HealingChoices.com](http://www.HealingChoices.com).*

