

ARE YOU INFLAMED?

*Your Weekly Newsletter by
Dr. Nick Sieveking*



Are You Inflamed? Part 1

Welcome to part I of the two part series on inflammation. This is a huge topic! Part I will deal with identifying the presence of chronic inflammation and the potential health consequences if left untreated. After reading this newsletter, you are going to have more questions and need more answers. So with part II, we will discuss lessening the health effects of chronic inflammation.

Inflammation is one of the most important—yet least understood—health topics today. But, if you’ve been struggling with unexplained symptoms, this may be the motivation you need to begin uncovering the root causes of your inflammation.

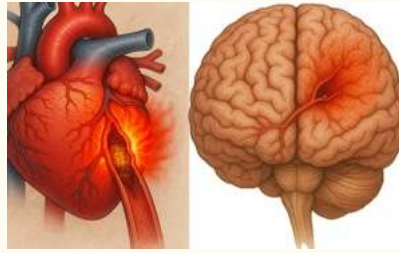
What Inflammation Can Look Like

Inflammation can be a normal and necessary part of our body’s healing processes. For example, a pimple will be red, tender, and swollen as the body’s natural inflammatory response gets rid of the infection in the skin. The swelling, the warmth, and the pain associated with an ankle sprain is a sign that the body’s repair process is working. Inflammation, however, doesn’t always show up as swollen joints or visible redness. In fact, it often hides behind everyday symptoms that people ignore or dismiss. Some of the more common signs of an “inflamed body” include:

- Pain or stiffness
- Insomnia or poor-quality sleep
- Fatigue or low energy
- Frequent headaches
- Brain fog and memory issues
- Stress and irritability
- Weight gain or difficulty losing weight
- Low libido
- Skin issues (acne, eczema, rashes)
- Hair loss

Why Untreated Inflammation Matters

When inflammation lingers unchecked, it becomes the underlying driver of many serious conditions, including:



- Heart disease, heart attack, and stroke



- Dementia and Alzheimer's disease



- *Diabetes and metabolic syndrome*

What Causes Inflammation?

There isn't one single trigger—often, it's a combination of lifestyle, the environment we are stuck in, and genetic factors. Some of the most common contributors include:

- Poor diet (excess sugar, processed foods, refined carbohydrates, trans fats)
- Chronic stress and high cortisol levels
- Lack of sleep or irregular sleep patterns
- Sedentary lifestyle or too little physical activity
- Environmental toxins and pollutants (chemicals in household products and grains sprayed with herbicide)
- Food sensitivities and allergies
- Smoking or excessive alcohol use
- Persistent infections (bacterial, viral, or fungal)
- Hormonal imbalances
- Obesity and excess visceral fat
- Uncontrolled autoimmune activity



- Arthritis and joint degeneration



- Autoimmune diseases (like lupus or rheumatoid arthritis, psoriasis)



- *Chronic inflammatory skin conditions (eczema)*

Finding Out If You're Inflamed

If a simple blood test could show whether you're inflamed, would you take the step? For many of our patients, that single decision has been life-changing.

At Ageless Solutions, we often begin with a blood test called **C-reactive protein** (CRP). **CRP** is a protein produced by the liver in response to inflammation. While it doesn't tell us where the inflammation is coming from, an elevated CRP

tells us that your body is fighting something—and it signals the need for further evaluation.



- *Obesity with difficulty losing weight*



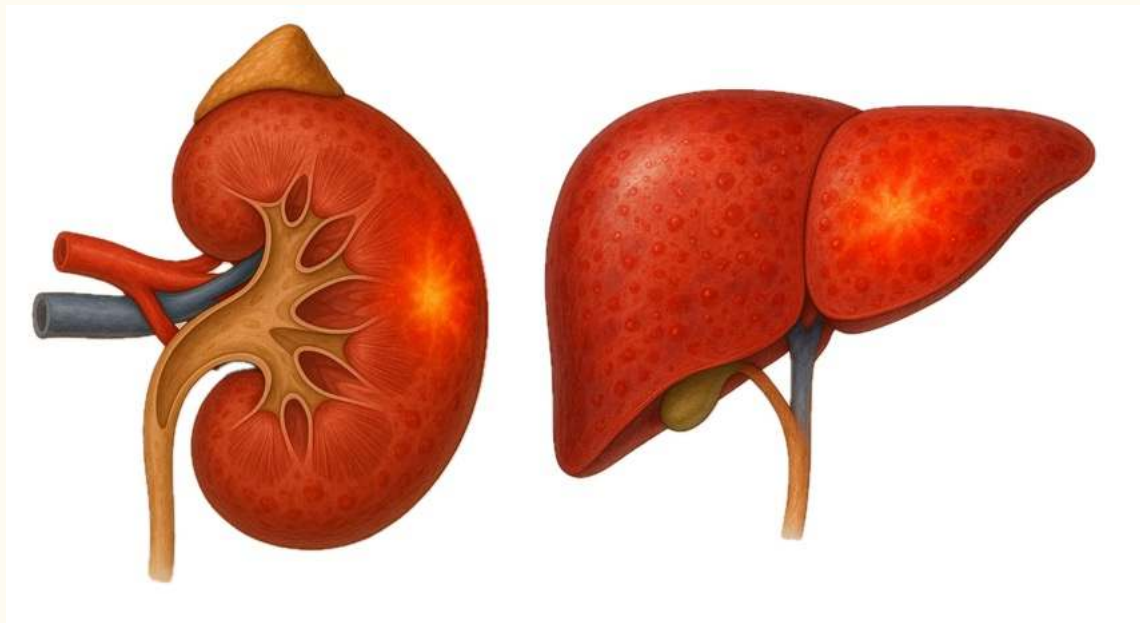
- *Attention Deficit Disorder (ADD)*



- Depression and mood disorders

From there, the journey to lower inflammation may include:

- Comprehensive blood testing and functional medicine evaluation
- Lifestyle interventions (stress management, sleep support, toxin reduction)
- Nutrition and diet modification
- Exercise and movement strategies
- Targeted nutraceutical therapies (supplements)
- Evidence-based pharmaceutical therapies when needed



- Chronic kidney or liver disease



- Lung disease



- Cancer

The Bottom Line

Inflammation is not something to ignore—it's your body's way of waving a red flag. The earlier you identify and address it, the more you can do to protect your health long-term.

If you're ready to take the first step, schedule a consultation at **Ageless Solutions** and ask about **CRP** testing. Together, we can uncover what's fueling your inflammation and build a personalized plan to reduce your burden.

Let's start your journey to healthier, more vibrant years—beginning today.

To your health,
Nick Sieveking, MD

SPECIAL OFFER

--Through End of 2025--

At Ageless Solutions, we want to be part of your journey in getting rid of inflammation. Now through the end of 2025, come to our clinic and receive a FREE lab test to assess your **CRP** levels.

[Schedule Appointment](#)

Stay Tuned!

Be on the lookout for next week's newsletter: "Rhinoplasty: The Art and Precision of Nasal Surgery."

MoreGlow Med Spa Holiday Open House!

November 19, 4-7 pm

- Special holiday pricing on services**
- FREE CoolPeel laser treatment of the hands**
- Raffles, product giveaways, & onsite reps available**
- Exclusive membership offer for attendees**
- Champagne & hors d'oeuvres**

RSVP



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