

INFLAMMATION PART II: YOU ARE INFLAMED...WHAT TO DO?

*Your Weekly Newsletter by
Dr. Nick Sieveking*



Diagnosing and Treating Inflammation

In Part I of “Are You Inflamed?” we discussed how to recognize symptoms, understand their risks, and use a simple blood test—C-Reactive Protein (CRP)—to detect inflammation. Now it’s time to identify the underlying sources and plan the best approach for treatment.

Common Symptoms of Chronic Inflammation

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

An elevated CRP (normal <3.0 mg/L) confirms inflammation is present. The next step is to find the cause and restore balance.

Sources of Inflammation:

1.) Infections



Examples: Bacterial (pneumonia, sepsis, cellulitis, abscess, UTI), Viral (COVID-19, influenza, hepatitis, EBV/CMV, HIV), Fungal (Candida), Parasitic (malaria), or Chronic Tick-borne infection (Lyme's Disease).

10 mg/L suggests an infectious cause.

Testing at Ageless Solutions:

- CBC with Differential
- Cultures (Blood, Urine, Sputum, Stool)
- Lyme's Titers
- COVID-19 Testing
- Procalcitonin (bacterial inflammation marker)
- Imaging—Chest X-Ray, CT, Ultrasound, MRI

2. Autoimmune & Inflammatory Diseases



Examples: Rheumatoid arthritis, lupus (SLE), vasculitis, celiac disease, psoriasis, Crohn's disease, ulcerative colitis.

3 mg/L suggests autoimmune or inflammatory disease.

Testing at *Ageless Solutions*:

- Autoimmune Panels—ANA, RF, Anti-CCP, ANCA, Anti-dsDNA, Anti-tTG
- Thyroid Testing—TSH, T3, T4, Thyroid Antibodies
- Comprehensive Metabolic Panel
- GI Testing—ASCA, pANCA, Celiac and Food Sensitivity Panels
- Sex Hormone Panels—Estrogen, Progesterone, Testosterone
- IGF-1 Levels—Marker for Growth Hormone Function

3. Cardiovascular & Metabolic



Examples: Atherosclerosis, coronary artery disease, obesity, metabolic syndrome, diabetes mellitus, hypertension.
1–3 mg/L suggests metabolic inflammation.

Testing at Ageless Solutions:

- Diabetes Testing—HbA1c, Fasting Insulin, HOMA-IR, Continuous Glucose Monitoring
- Advanced Lipid Panels—Lp(a), ApoB, Homocysteine
- Cardiac CT Calcium Score

- Thyroid Function Test
- Sex Hormone Panels
- IGF-1 Levels

4. Chronic Conditions



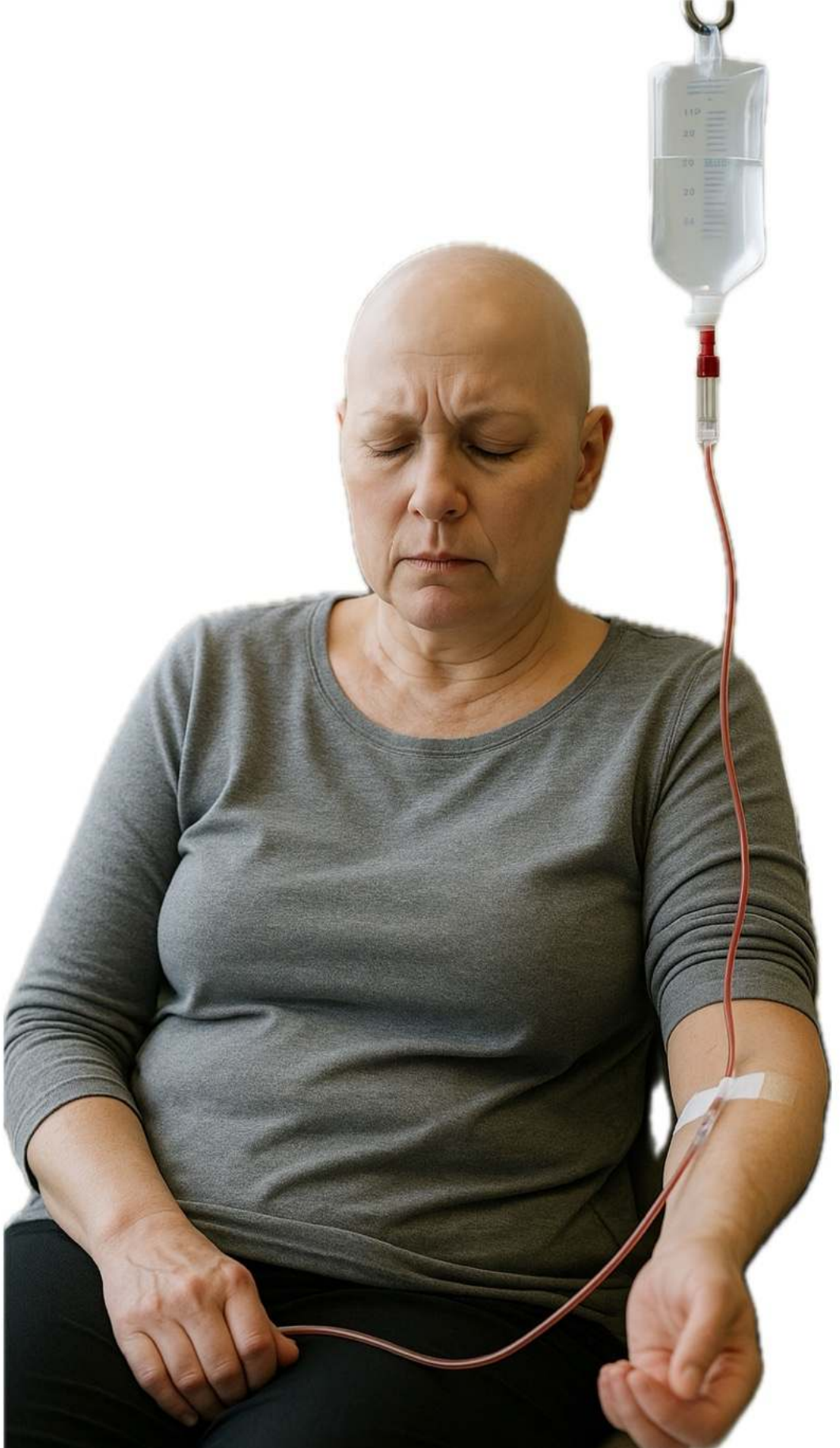
Examples: Chronic kidney disease, liver disease, COPD, chronic infections (periodontitis, prostatitis).

Clue: CRP typically 3–20 mg/L.

Testing at Ageless Solutions:

- Comprehensive Metabolic Panel, Liver & Kidney Function Tests
- CBC with Differential, PSA, Procalcitonin
- Thyroid Function Test
- Sex Hormone Panels—Estrogen, Progesterone, Testosterone
- IGF-1 Levels
- MyPerioPath Oral Microbiome Test
- Chest X-Ray, Low-Dose Lung CT

5. Malignancy



Examples: Solid tumors, lymphoma, leukemia.

Clue: CRP 3–100+ mg/L possible.

Testing at Ageless Solutions:

- PSA, CEA, CA-125, CA 19-9
- BRCA1/BRCA2 Genetic Testing
- LDCT (Low-Dose Lung CT)
- Mammogram, Colon, Thyroid, and Skin Cancer Screening

- Total-Body CT if Indicated

6. Lifestyle & Environmental



Examples: Smoking, poor diet, sleep deprivation, high stress, toxin exposure.

Clue: CRP 3–20 mg/L.

Testing at Ageless Solutions:

- Diabetes & Metabolic Testing
- Advanced Lipid Panel and Cardiac CT Calcium Score
- 24-Hour Salivary Cortisol
- Thyroid and Hormone Panels
- IGF-1 Levels

7. Hormonal & Miscellaneous



Examples: Low testosterone, low estrogen, low progesterone, thyroid dysfunction, medication effects.

3 mg/L.

Testing at *Ageless Solutions*:

- Hormone and Thyroid Panels
- Cardiovascular and Metabolic Testing
- IGF-1 Levels

Treatments at *Ageless Solutions* for Above Conditions May Include:

- Antibiotics, Antivirals, or Antifungals
- Peptide Therapy
- Pre- and Probiotics
- Nutraceuticals Therapy
- Bio-Identical Hormone Replacement Therapy
- Stem Cell Infusion Therapy (Amniotic and Umbilical Stem Cells)
- Anti-Inflammatory Lifestyle Coaching and Stress Management
- Immune Support
- Referral to Specialists
- Blood Pressure Monitoring
- Diet & Nutrition Coaching
- Medically-Supervised Weight Loss
- Prescription Medications

When the Source Is Unclear

Sometimes inflammation is evident—elevated CRP and symptoms—but testing doesn't pinpoint the cause. Even so, it's vital to treat the downstream damage from inflammatory mediators such as cytokines, chemokines, and eicosanoids, which can harm the brain, heart, vessels, and organs.

Targeted Pharmacologic Options:

- NSAIDs
- Corticosteroids
- Immune-Modulating Agents
- Low-Dose Naltrexone
- And Much More

Targeted Nutraceutical Support:

- Vitamin B12 + Folate
- Niacin (B3)
- Omega-3 Fish Oil
- Quercetin
- N-Acetylcysteine (NAC)
- Turmeric (Curcumin)

The Ageless Solutions Approach

At The Clinic of Ageless Solutions, we don't just identify inflammation—we find its source and address it comprehensively through Lifestyle Modification, Nutraceutical Therapies, Peptide and Hormone Optimization, and Targeted Pharmacologic Interventions. Our goal is to heal from the inside out, restoring function, energy, and longevity.

In coming weeks be on the lookout for our follow up to this newsletter, "Non-Pharmacologic Treatments of Inflammation."

SPECIAL OFFER

Receive **30% OFF** when you order Dr. Sieveking's proprietary skin care line including Defy, a bio-regenerative face creme, and Bio-Kana, a retinal-CBD night serum. Powered by advanced skin-penetrating enhancers, these revolutionary products target fine lines, wrinkles, and textural irregularities across the forehead, face, and neck—reducing the appearance of damage caused by time and environment. Defy and Bio-Kana are part of Dr. Sieveking's Bio-Identical Skincare line called Bio-Identix™ (bio-identix.com). **Products available by Thanksgiving 2025!**

ORDER NOW

DEFY
By Bio-Identix®

bio-regenerative face crème

30mL / 1 Fl Oz

50mL / 1.7 Fl Oz

MoreGlow Med Spa HOLIDAY OPEN HOUSE

November 19th, 4-7 p.m.

- Special holiday pricing on ALL med spa services and products
- VIP gift bags for members
- Raffles & onsite reps available
- Exclusive membership offer for new sign-ups
- Champagne & hors d'oeuvres

RSVP

Stay Tuned!

Be on the lookout for next week's newsletter:
Breast Implants - Safety and Concerns

Schedule Appointment



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