



Inflammation: Friend or Foe?

Inflammation is the Immune System at Work

What are the Root Causes and Can it be Treated?



The human immune system has two parts, the innate and adaptive. The innate system is non-specific and fights most unrecognized foreign invaders resulting in inflammation. The adaptive system develops immunity to specific things, for example a virus.

Viruses, bacteria, and other pathogens are the main reason for the activation of the immune system. In other words, they are root causes.

Identifying inflammation is important to characterize disease. More important, though, is the identification of causes.

Good and Bad

Inflammation is a treasure and without it wounds and infections would never resolve. It is our immune system in action.

There are two types of inflammation, acute and chronic. With acute inflammation, we usually know the cause, a splinter for example.

Chronic inflammation is more challenging because the cause(s) are usually more difficult to diagnose. Lyme disease is a cause of chronic inflammation.

Also, in the process of fighting the cause, the chronic inflammation can eventually damage the body.

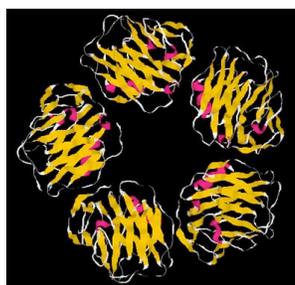


Is it inflammation or the cause of inflammation that is the problem. Only a detailed diagnosis can answer that.

Inflammation is Found in the Blood

There are many tests for inflammation. C-Reactive protein is arguably the most sensitive test for innate immune system activation. Other useful tests include: sed rate, homocysteine, interleukin 6 and the various parameters of the complete blood count with differential.

The physiology of the body changes with inflammation. Observing these changes is also a



diagnosis of inflammation. The eye is the best and easiest place to detect inflammation. Inflamed microvessels are obvious under magnification.

Combining both blood and physiology tests help establish both the amount and severity of inflammation in your body.