

Could Inflammation Be Trying To Save Your Life?

Not all inflammation is bad. Spot the helpful from the harmful.

Helpful inflammation fights for you. **Acute inflammation** is short-lived and laser-targeted.

Your immune system's first responder—on scene fast when you're sick or injured.

It can look like:

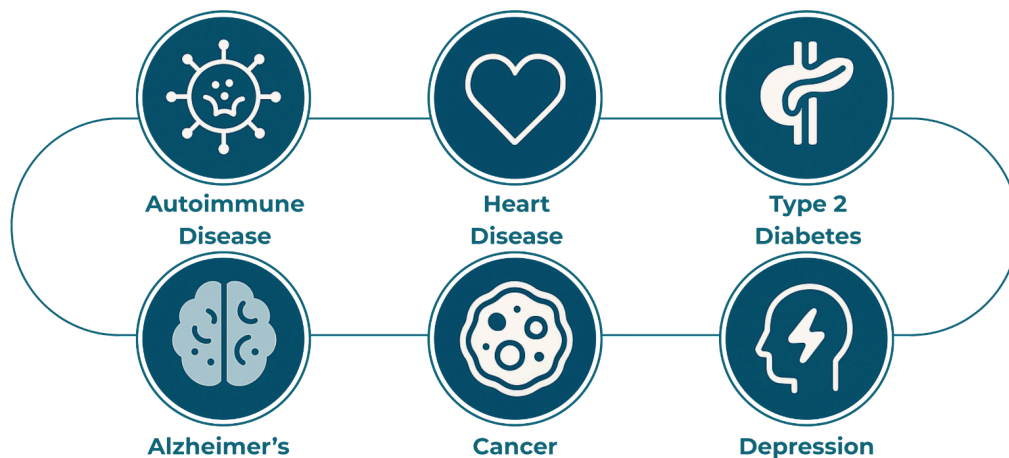


It's your body saying: "I've got this." The flames go out on their own. It's a **functional fire**.

Chronic inflammation doesn't heal, it harms.

This is the fire that never dies. Low-grade. Widespread. Silent.

And it's linked to:



It's a slow, smoldering burn—and the smoke signals are easy to miss.

Signals of chronic inflammation

- Fatigue that doesn't lift
- Depression and anxiety
- Joint or muscle aches
- Digestive issues
- Skin flare-ups
- Frequent infections
- Poor sleep
- Weight gain or resistance

They're your body's way of saying: **look closer.**

Feeling inflamed?

1. Test high-sensitivity C-reactive protein (**hs-CRP**) to help gauge inflammation levels.
2. Then test potential **root causes**:

Autoimmunity	ANA
Stress	Cortisol
Heavy Metals	Lead, Mercury
Metabolic	Glucose, Insulin
Nutrients	Linoleic Acid, Vitamin D, Omega-6/Omega-3 Ratio, Magnesium, Omega-6 Total, Omega-3 Total, Arachidonic Acid

Based on insights from Function Health's post