

# Are You Getting Burned by Inflammation?

There are 4 things you need to know:

1. The over-the-counter pain relievers you take to stop pain and/ or fever, **stop your body's ability to heal.** So, *know what you're taking and why.*

2. Many suffer from the damaging effects of *Hidden Inflammation...Do You?*  
Some of these symptoms are:

- |                   |                     |                           |
|-------------------|---------------------|---------------------------|
| •Old Injury Pain  | •High Triglycerides | •High Blood Pressure      |
| •Achy Joints      | •High Cholesterol   | •Cardiovascular Disease   |
| •Muscle Stiffness | •Obesity            | •Irritable Bowel Syndrome |
| •Arthritis        | •Allergies          |                           |
| •Sinus Headaches  | •Type 2 Diabetes    |                           |

3. Metabolic Syndrome, the result of hidden inflammation, is becoming epidemic ~ ***if 3 of these conditions describe you... you're part of it!***

- Abdominal Obesity: A Waist Size Greater than Men- **39 in.** Women- **34 in.**
- High triglycerides: **150 mg/dL or more**
- Low HDL ('good' cholesterol): Less than Men- **40 mg/dL** Women- **50 mg/dL**
- High Blood Pressure: **130/85 mm Hg or higher**
- High Fasting Glucose: **100 mg/dL or higher**

*Know the risk you're taking by not addressing these through healthy changes!*

For men :

ages 20-39 your risk is 20%; 40-59 41%; and for the 60+ crowd your risk is 52%.

For women:

ages 20-39 your risk is 16%; 40-59 37%; and for the 60+ crowd your risk is 54%

4. ***I have the tools and care you need to halt the inflammation, enhance your healing process, and move you toward greater ease and wellness.***

\*Chiropractic- Get Your Brain and Your Body Connected!

\*Accelerated Injury Recovery- Enzyme Therapy Low Level Laser Exercise Rehab

\*Reduce Hidden Inflammation with therapeutic doses of cGMP safe Omega 3

\*Alkalize Your Body- Our diet has created a pH imbalance which increases fat storage, inhibits our immune system, and builds the toxic waste that leads to chronic degenerative disease. Let me show you how...and it's tasty too!

\*Learn about pro-inflammatory & anti-inflammatory/anti-aging food choices

***Ask Dr. Robin for more information!***

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