



## Inflammation and Chronic Disease

Chronic disease afflicts ninety million Americans, accounts for seventy percent of all deaths and seventy five percent of total health care expenditures in this country. One half of our population have one or more chronic health problems. Yet our traditional medical model is strictly built around acute care. Preventative care is all but nonexistent.

Integrative medicine looks for the root cause of symptoms paying special care to chronic problems such stress and diet which usually play a big role in chronic illness.

It has been widely accepted in medical practice that the underlying root cause or mechanism of most chronic disease is inflammation. This is treated by traditional medicine using non-steroidal, anti-inflammatory medications or steroids that block the inflammatory effects.

At Crossroads our integrative medicine practitioners dig a bit deeper and seek to find the cause of the inflammation then take the necessary steps to prevent it from recurring. We spend time getting to know you through our interview process where our goal to better understand the symptoms and begin to unearth the cause. The results are a comprehensive prevention plan rather than simply covering up the symptoms.

We have found that the majority of problems we see in our clinic begin with your diet. For many this starts with sensitivities to certain foods. The quality and quantity of various foods have an obvious effect on our health; some categories of food are pro-inflammatory and others have an opposite effect.

Exercise is a very powerful component in the prevention of inflammation triggered diseases such as Insulin Resistance, Metabolic Syndrome and Diabetes. Stress reduction as a means of diminishing inflammation can be a bit challenging given the pace of our careers, lifestyles, and child rearing responsibilities. Second only to smoking, stress has been shown to be a major influence in the development of cardiovascular disease and we are all able to make choices which impact both.

At Crossroads we strive to educate our patients with a lifestyle approach for stress reduction, dietary regulation and exercise using evidence-based treatment plans to accomplish these goals. Quality of life is our goal when treating our patients. If you do not feel that you are enjoying the best possible health and living the life of your choice perhaps you should reconsider the everyday choices you are making. Each of us has within ourselves the capacity to live to the best of our abilities. Taking the time to realize this and acting upon it is the best gift you can give yourself and those you love.

Dr. John Lindsey