



## HOW DO YOU KNOW IF YOU HAVE CHRONIC INFLAMMATION?



### What is Chronic Inflammation?

There are actually two types of inflammation – good (acute) and bad (chronic). Acute inflammation is your body's natural healing in response to an injury or infection. Chronic inflammation refers to long-term, persistent inflammation that causes the body's immune system to malfunction. This ongoing inflammatory response causes progressive damage to the body that leads to a variety of harmful diseases. It may also be the result of poor lifestyle and dietary choices and/or environmental factors. The good news is that we have plenty of options available to take charge of our health!



### Prevent Future Chronic Diseases

Chronic inflammation affects each person at some point in their life. If left uncontrolled, chronic inflammation can lead to chronic disease including heart attack, cancer, Alzheimers, arthritis – just to name a few.

#### Measure

Establish your individual wellness baseline.

#### Manage

Changes in lifestyle, diet and nutritional supplements can be measured for the effectiveness in reducing inflammatory markers.

#### Monitor

Checking your Chronic Inflammation Score every 3-4 months ensures your body is continuing to respond consistently and provides the opportunity to adjust therapies as needed.



### Testing for Chronic Inflammation is Simple

The Chronic Inflammation Test is a simple, non-invasive urine test, and it indirectly measures a key inflammation pathway in the body to help identify and monitor inflammation risk and wellness.

#### Order test

Ask your healthcare provider if they offer the test in their office or visit [chronicinflammationtest.com/the-test/order](http://chronicinflammationtest.com/the-test/order) and order a test kit online.

#### Collect and send sample

Collect a first-morning urine sample using the instructions and supplies in your test kit. Mail your sample to our laboratory.

#### Get results

Receive your Chronic Inflammation Score approximately two weeks later.

### Inflammatory Markers Diagnostic Laboratory

We are dedicated to providing innovative and high-quality laboratory testing in our own highly-specialized, CLIA laboratory. Our goal is to provide our services in the aid of diagnosis, prediction of risk, therapeutic management and prognosis of inflammatory clinical diseases in a cost-effective manner.



## CHRONIC INFLAMMATION CAN NOW BE DETECTED WITH A SIMPLE, NON-INVASIVE URINE TEST.



### Chronic Inflammation Test

We believe the early identification of individuals at an increased risk of clinical events and the optimization of therapeutic and preventative measures will enhance the quality of human life.



### Start Today!

Take control of your health and monitor your inflammatory risk now!

For more information, visit:

[chronicinflammationtest.com](http://chronicinflammationtest.com)

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