



Welcome to WISE PHARMACY Online

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Is inflammation causing you pain?

Temporary inflammation helps you, but chronic inflammation can be a real pain. Inflammation is the body's protective response to injury or infection. But sometimes white blood cells and their inflammatory chemicals can damage tissues and cause a variety of bothersome symptoms, including pain. This is often the case in autoimmune conditions, such as inflammatory bowel disease and rheumatoid arthritis, in which ongoing inflammation or flare-ups can significantly affect daily living and comfort. (Over time, inflammation can also contribute to the development of type 2 diabetes and heart-related conditions, where inflammatory symptoms may not be noticeable.)

Common approaches to reduce inflammation can create more health problems. Those with chronic inflammation may welcome even temporary pain relief. But it may come at a high price. Many pain relievers attempt to "block" the body's inflammatory chemicals to reduce inflammation, including "good" inflammation necessary for many housekeeping activities. Long-term use can have serious adverse effects, including damage to your kidneys, liver, heart, and stomach lining.

You can help reduce potentially harmful inflammations safely. Poor diet, food sensitivities, smoking, stress, and lack of regular exercise contribute to inflammation in anyone. These factors may also increase inflammation or symptoms in those with pre-existing autoimmune disorders or underlying inflammation. Changes to your diet and other lifestyle habits are great, safe ways to manage inflammation. Nutritional science has also discovered that certain plant ingredients offer a safer approach by selectively reducing inflammatory chemicals triggered by "bad" inflammation without significantly reducing "good" inflammatory activity.

Make an appointment to learn how you can help tame inflammation and pain without the worry.



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Day	From	To
Mon	09:00	06:00
Tue	09:00	06:00
Wed	09:00	06:00
Thu	09:00	06:00
Fri	09:00	06:00
Sat	CLOSED	CLOSED
Sun	CLOSED	CLOSED