Choose Health is Offering an At-Home Blood Test Kit to Measure Chronic Inflammation

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Choose Health is offering an at-home inflammation blood test kit that helps in monitoring one?s risk of developing low-grade chronic inflammation.

Inflammation is the natural reaction that the body conjures up in its fight against infections, irritants, or injury. The body increases the flow of blood and immune cells to the part of the body that is injured or needs repair. The immune cells release chemicals that prevent the affected area from being infected. The result is that the affected area swells up, reddens, and the pain receptors flare-up.

If the inflammation lasts for a short period of time and eventually subsides after the healing process is over, the process is called acute inflammation. In some cases, the body does not reset the inflammation and it leads to a long-lasting condition that is called low-grade chronic inflammation. There are a few long-term effects of low-grade chronic inflammation that can be cause for concern.

Inflammation of the blood vessels can contribute to the formation of fatty plaques inside its walls. The constant buildup of fat within blood vessels leads to atherosclerosis. It causes the blood vessels to narrow,

increasing blood pressure and stressing the cardiovascular system. Another significant danger is the prospect of a piece of plaque breaking off to form a blood clot which can lead to stroke and even a heart attack.

Inflammatory Bowel Disease (IBD) occurs when the gut undergoes sustained inflammation. The gut wall becomes damaged leading to abdominal pain, bloating, cramping, and changes in bowel movements.

If the inflammation happens in the nervous system, it can lead to a condition called neuroinflammation. It can injure brain cells and lead to a change in its base structure, increasing the risk of neurodegenerative diseases such as Alzheimer?s and Parkinson?s. The resultant cognitive impairment can be a major roadblock to one?s quality of life.

If the inflammation happens to be around the cartilage and connective tissue that supports and protects the joints, it can lead to conditions such as rheumatoid arthritis (RA). RA can lead to swelling, redness, and joint pain which decreases mobility and makes common day-to-day tasks challenging.

Finally, chronic inflammation can cause DNA damage within the cells and eventually increase the risk for cancer. Those who suffer from Inflammatory Bowel Disease have an increased risk of colon cancer due to persistent inflammation in the colon.

Choose Health recommends lifestyle changes to combat the effect of inflammation on the body such as aerobic training, HIIT (High-Intensity Interval Training) workouts, intermittent fasting, keto diet, Mediterranean diet, paleo diet, lots of sleep, strength training, vegetarian diet, and practicing yoga. The company also recommends reducing stress, reducing alcohol consumption, and quitting smoking.

Choose Health manufactures an at-home blood test kit that measures the most common markers of chronic health problems. The test checks for cholesterol, oxidative stress, insulin resistance, visceral fat, inflammation, and average blood sugar. The test can be carried out in the comfort of one?s home. Each kit from the company contains lab test supplies, a tape measure for checking visceral fat, a pre-paid shipping package to send the test to the lab, and an unlimited subscription to the Choose Health mobile tracking service application. The company only partners with CLIA and CAP-accredited labs to provide testing solutions. The price of the tests starts from $68 and goes up depending on the markers that one selects to test.

Those suffering from inflammation side affects can easily stay on top of their health by regularly testing for inflammation using the hsCRP test that comes bundled in the kit from Choose Health. The hsCRP test checks for the presence of high sensitivity C-reactive protein, an acute-phase protein that is produced in the liver in response to an injury, infection, or inflammation.

Those interested in starting the journey to a healthy lifestyle using Choose Health?s at-home blood test kit can contact the company at the email address hello@choosehealth.io or at the phone number (202) 505-6974 for all inquiries.

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For more information about Choose Health, contact the company here:Choose HealthMark Holland+1 800-778-7879mark@choosehealth.io701 Brazos St, Austin, Texas 78701

Choose Health

At-home finger-prick blood health test for key markers like inflammation, insulin sensitivity, cholesterol & avg blood sugar to track your long-term health.

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