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Concepts, Perspectives, Protocols, & Therapeutics  
*The art of creating wellness  
 while effectively managing  
 acute and chronic health disorders*

*Migraine Headaches, Hypothyroidism, and Fibromyalgia* is a clinically-oriented textbook that introduces and reviews concepts in the assessment and management of three common health conditions that plague millions of people world-wide. Also notable about these three conditions is the difficulty many doctors have in treating them effectively. In this book, and substantiated by innumerable citations to current biomedical research as well as many years of experience as a clinician, professor, researcher, and international lecturer, Dr Vasquez reviews common clinical assessments, important concepts and details for wellness promotion and health optimization, and then details the most important considerations in the assessment and treatment of migraine headaches, hypothyroidism, and fibromyalgia.

**Five Chapters of Clinically-Oriented Information, Protocols, & Assessments**

1. Introduction, Patient Assessments, Concepts, Musculoskeletal Emergencies, Healthcare Paradigms
2. Re-Establishing the Foundation for Health
3. Headaches and Migraine
4. Hypothyroidism
5. Fibromyalgia

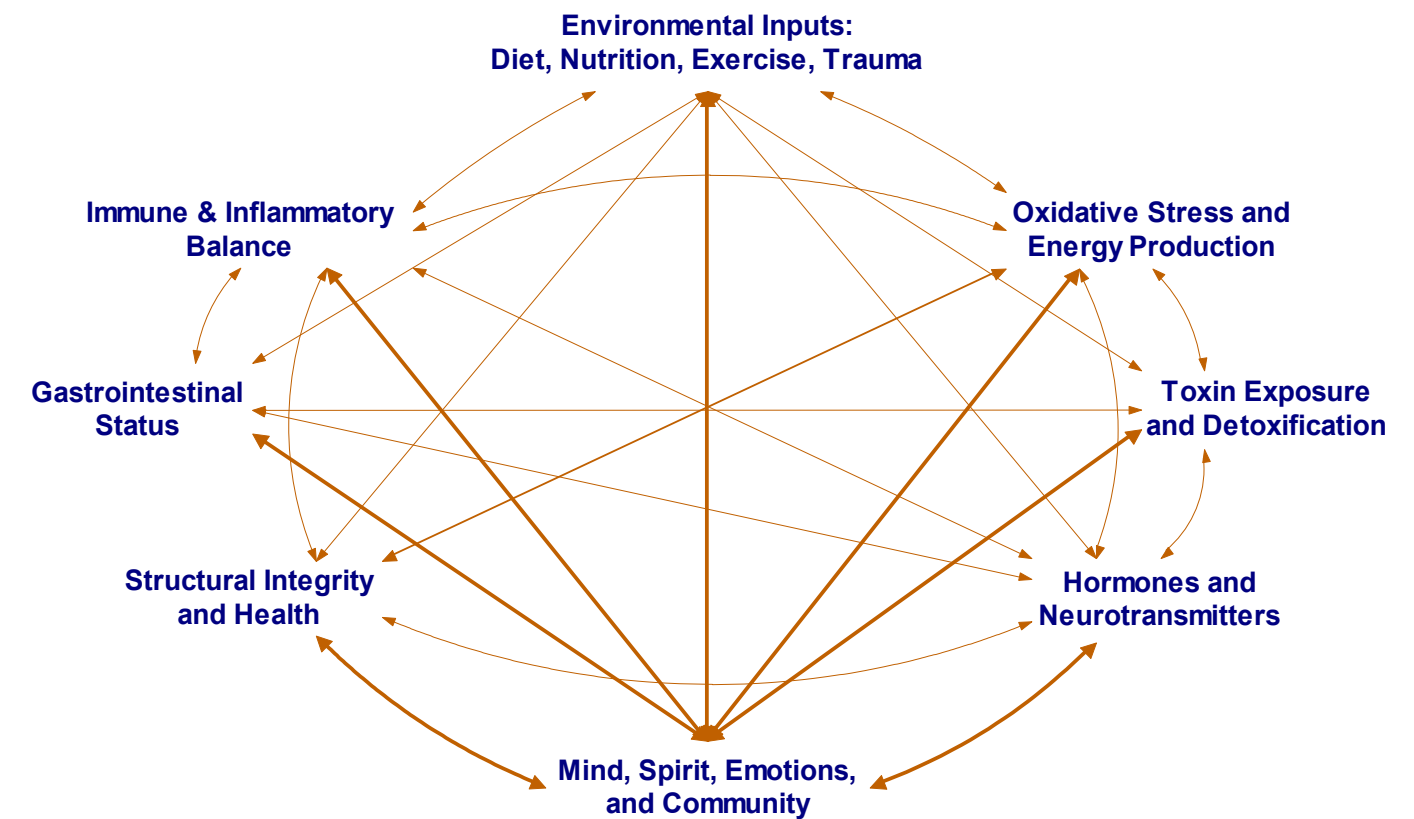
**About the Author:** Dr Alex Vasquez is a graduate of University of Western States (Doctor of Chiropractic, 1996), Bastyr University (Doctor of Naturopathic Medicine, 1999), and University of North Texas Health Science Center, Texas College of Osteopathic Medicine (Doctor of Osteopathic Medicine, 2010). Dr Vasquez is the author of several textbooks—*Integrative Orthopedics* (2004, 2007) *Integrative Rheumatology* (2006, 2007), *Musculoskeletal Pain: Expanded Clinical Strategies* (published by the Institute for Functional Medicine, 2008), *Chiropractic and Naturopathic Mastery of Common Clinical Disorders* (2009), *Integrative Medicine and Functional Medicine for Chronic Hypertension* (2011)—and more than 90 letters and articles in professional magazines and medical journals such as *The Lancet*, *BMJ—British Medical Journal*, *Annals of Pharmacotherapy*, *Nutritional Perspectives*, *JMPT—Journal of Manipulative and Physiological Therapeutics*, *JAMA—Journal of the American Medical Association*, *Original Internist*, *Integrative Medicine*, *Holistic Primary Care*, *Alternative Therapies in Health and Medicine*, *JAOA—Journal of the American Osteopathic Association*, *Dynamic Chiropractic*, *Journal of Clinical Endocrinology and Metabolism*, and *Arthritis & Rheumatism*—Official Journal of the American College of Rheumatology. Dr Vasquez lectures internationally to healthcare professionals and practices in Oregon. Additional information, updates, and downloadable articles are available at [OptimalHealthResearch.com](http://OptimalHealthResearch.com).

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MIGRAINE HEADACHES, HYPOTHYROIDISM, AND FIBROMYALGIA VASQUEZ

# MIGRAINE HEADACHES, HYPOTHYROIDISM, AND FIBROMYALGIA: ASSESSMENTS AND THERAPEUTIC APPROACHES USING INTEGRATIVE CHIROPRACTIC, NATUROPATHIC, OSTEOPATHIC, AND FUNCTIONAL MEDICINE



**DR. ALEX VASQUEZ**

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