

## FunctionalInflammolgy.com

- Integrative Orthopedics & Rheumatology
- Mastery of Common Clinical Disorders
- Hypertension, Fibromyalgia, Allergic Disorders
- Research Publications, Seminars, Conferences

## Integrative and Biological Medicine Research and Consulting

*The art of co-creating wellness  
while effectively managing  
acute and chronic health disorders*

**Mitochondrial Nutrition and Mitochondrial Medicine for Primary Care Conditions** translates important concepts and nutritional/biomedical science into easy and practical clinical applications for the prevention and treatment of disorders of sustained inflammation, which Dr Vasquez describes as “patterns of metabolic disturbance and inflammatory dysfunction” existing in three sequential and overlapping categories: 1) metabolic, 2) allergic, 3) autoimmune. This textbook introduces, reviews, substantiates the intellectual and empirical construct of a sufficiently/practically complete approach—organized as the “functional inflammation protocol”—to the prevention and treatment disorders of \*sustained inflammation\*, previously termed “chronic inflammation.” This book includes access to video presentations which introduce the origin and components of the Functional Inflammolgy Protocol and FINDSEX® acronym. Post-publication updates to this information and important social and clinical contextualization are contained in the accompanying videos; see [InflammationMastery.com/2014mito](http://InflammationMastery.com/2014mito).

**About University of Miami Miller School of Medicine iCamp:** Integrative and Complementary Academic Medicine Programs (iCamp) at the University of Miami Miller School Of Medicine offers a variety of continuing education programs for licensed health professionals. Our mission is to enhance the appropriate use of complementary and integrative medicine to promote health and prevent disease. iCamp has been offering Clinical Nutrition Conference Series since 2011. This program provides excellent training to physicians and other allied health professionals who are looking for state-of-the art assessment tools and a practical framework for weaving nutrition-related medicine into treating and preventing disease, as well as promoting and maintaining health. iCamp Director: Janet Konefal, PhD, MPH.



**About the author—Dr Alex Vasquez:** Alex Vasquez DC ND DO FACN is Director of



Programs for the International College of Human Nutrition and Functional Medicine, online at [ICHNFM.org](http://ICHNFM.org). The founding Program Director of the world's first fully-accredited university-based graduate program in Human Nutrition and Functional Medicine, Dr Alex Vasquez has earned three doctoral degrees as 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 many textbooks, including *Integrative Orthopedics* (2004, 2007, 2012) *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), *Migraine Headaches, Hypothyroidism, and Fibromyalgia* (2012), *Fibromyalgia in a Nutshell* (2012), and *Selected Topics in Neuromusculoskeletal Medicine* (2013). "DrV" has also written approximately 100 letters and articles for professional magazines and medical journals such as *British Medical Journal* (BMJ), *TheLancet.com*, *Annals of Pharmacotherapy*, *Journal of Clinical Endocrinology and Metabolism*, *Journal of the American Medical Association* (JAMA), *Alternative Therapies in Health and Medicine*, *Journal of the American Osteopathic Association* (JAOA), *Nutritional Perspectives*, *Journal of Manipulative and Physiological Therapeutics* (JMPT), *Original Internist*, *Integrative Medicine: A Clinician's Journal*, *Holistic Primary Care*, and *Arthritis & Rheumatism*, the Official Journal of the American College of Rheumatology. Dr Vasquez lectures nationally and internationally to healthcare professionals and provides expert consultations to physicians and patients internationally. Dr Vasquez is the Founding Editor of *International Journal of Human Nutrition and Functional Medicine* ([IntJHumNutrFunctMed.org](http://IntJHumNutrFunctMed.org)), and he is the Conference Director for The International Conference on Human Nutrition and Functional Medicine ([ICHNFM.org](http://ICHNFM.org)). A description of Dr Vasquez's other projects, books, audios, and videos is updated at his website [InflammationMastery.com](http://InflammationMastery.com) with patient consultation information located at [HealGrowThriveMedicine.com](http://HealGrowThriveMedicine.com). All of DrV's books are available on [Amazon.com](http://Amazon.com) and [CreateSpace.com](http://CreateSpace.com) with videos at [Vimeo.com/ICHNFM](http://Vimeo.com/ICHNFM) and [Vimeo.com/DrVasquez](http://Vimeo.com/DrVasquez); indeed, several available videos by Dr Vasquez will help students and clinicians gain important insights into the clinical application of this material, including doses of nutrients, additional citations to research, important clinical pearls, and expanded discussions on various topics, including what DrV refers to as “the new mitochondrial medicine”, as revealed in his innovative, insightful, and paradigm-shifting perspective published in the journal *Alternative Therapies in Health and Medicine* (January 2014, available at [ICHNFM.org](http://ICHNFM.org)).

Family Medicine  
Functional Medicine  
Integrative Medicine  
Internal Medicine  
Nutrition  
Preventive Medicine

This textbook is distributed via the **International College of Human Nutrition and Functional Medicine** based in Barcelona, Cataluña/Spain and detailed at [ICHNFM.ORG](http://ICHNFM.ORG) with more casual updates and news posted at [Facebook.com/ICHNFM](http://Facebook.com/ICHNFM)  
Dr Vasquez's publications are described at his websites: [InflammationMastery.com](http://InflammationMastery.com) and [FunctionallInflammolgy.com](http://FunctionallInflammolgy.com).

### Sections and Topics:

- ♦ [Text: Introduction, and Excerpts](#)
- ♦ [Presentation 1: Functional Inflammolgy Protocol](#)
- ♦ [Presentation 2: Mitochondrial Nutrition and Introduction to "Mitochondrial Medicine for Primary Care Conditions"](#)
- ♦ [Presentation 3—Disorders of Pain and Fatigue: Migraine, Fibromyalgia, Chronic Fatigue Syndrome, with some mention of Interstitial Cystitis](#)
- ♦ [Presentation 4—Metabolic Disorders: Hypertension, Diabetes Mellitus type-2, Metabolic Syndrome, Insulin Resistance and Glucose Intolerance](#)
- ♦ [Presentation 5—Neurodegenerative Disorders: Alzheimer and Parkinson Diseases with some mention of Huntington Disease](#)

MITOCHONDRIAL NUTRITION & MITOCHONDRIAL MEDICINE

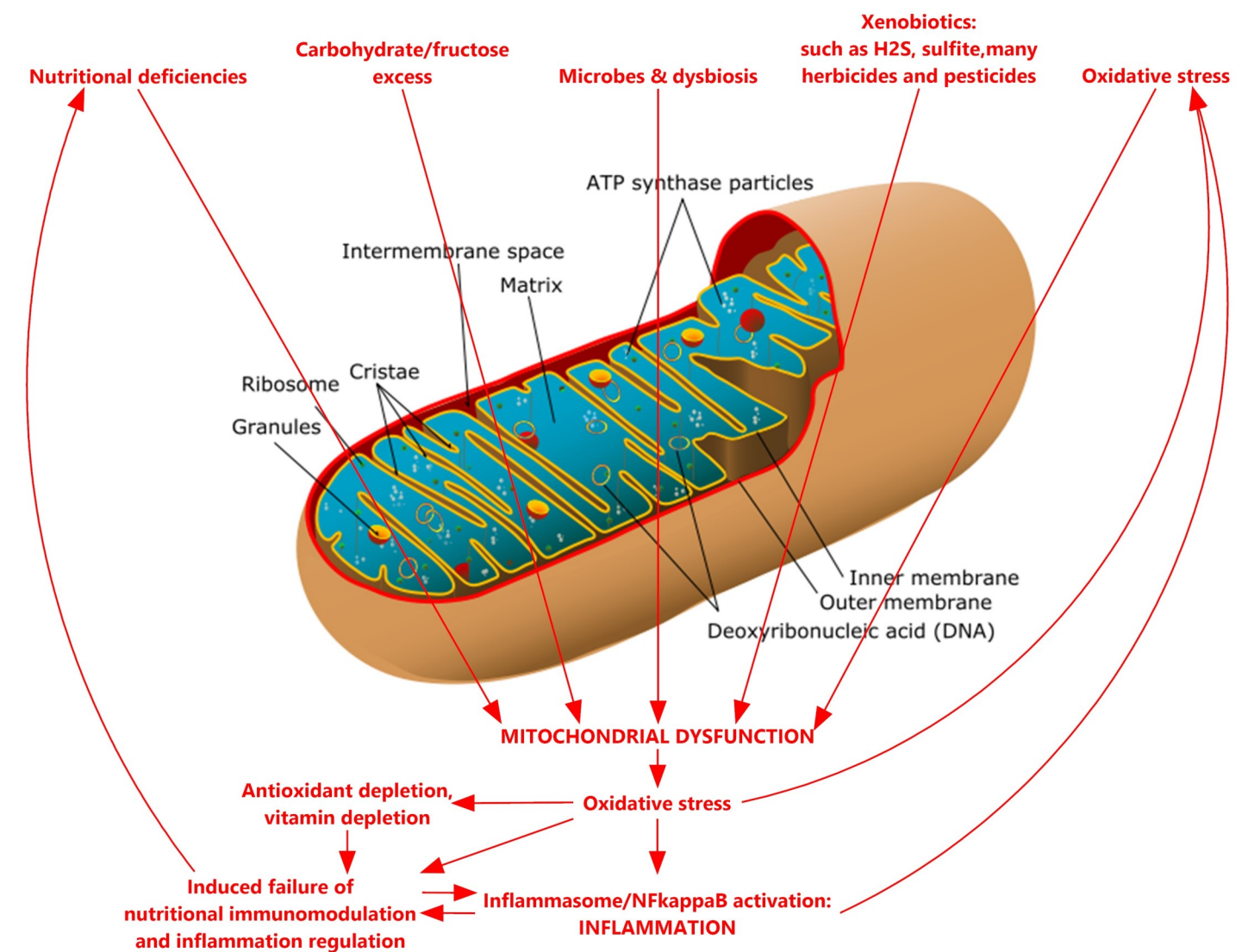
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# MITOCHONDRIAL NUTRITION AND MITOCHONDRIAL MEDICINE FOR PRIMARY CARE CONDITIONS

*Includes Video Assess to Tutorials and Live Presentation*

**Text and Presentation Slides • March 2014**



Vasquez, *Mitochondrial Nutrition*. 2014



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