

- 12-hydroperoxyeicosatetraenoic acid, 367
 12-R-HETE, 367
 12-R-lipoxygenase, 372
 12-S-HETE, 367
 12-S-lipoxygenase, 372
 13-S-HODE, 366
 15-hydroperoxyeicosatetraenoic acid, 367
 15-hydroxy-eicosatrienoic acid, 365
 15-lipoxygenase-1, 372
 15-lipoxygenase-2, 372
 15-S-HETE, 367
 2,4-dichlorophenol, 237
 2,5-dichlorophenol, 236
 25(OH) vitamin D - testing, 59
 2-hydroxyestrone, 523
 5-HETE, 367
 5-hydroperoxyeicosatetraenoic acid, 366
 5-lipoxygenase, 371
 8-lipoxygenase, 372
 8-S-HETE, 367
 Acacia catechu, 457
 Acinetobacter spp, 94
 Acute nontraumatic monoarthritis, 122
 Acute red eye, 119
 Adipokines, 204
 Adipose, 204
 Adrenic acid, 364
 Adverse food reactions, 376
 ALA, 356
 Alkalinization, 267
 Allergy diagnosis
 Alpha-linolenic acid, 356
 Alzheimer's disease, 92
 ANA - interpretation, 78
 ANA - overview, 26
 Analgesia (natural) - importance and application in basic holistic care, 266, 267
 Andrographis paniculata, 460
 Anesthetics, 298
 Anethum graveolens, 457
 Anise, 457
 Anti-CCP antibodies, 81
 Anticitrullinated protein antibodies, 81
 Antihistamine, 196
 Anti-inflammatory & analgesic treatments, 255
 Antimetabolites, 410
 Antinuclear antibody - interpretation, 78, 79
 Antioxidant capacity of fruits/vegetables, 209
 Antiphospholipid/ anticardiolipin/ Hughes syndrome, 85
 Arachidonic acid, 363
 Arachidonic acid metabolites, 365
 Armour thyroid, 527
 Aromatase, 523
 Artemisia annua, 455
 Artificial sweeteners, colors and other additives, 212
 Aspartame, 212
 Atlantoaxial instability, 120, 121
 Autoimmune hepatitis, 85
 Autoimmune thyroid disease, 85
 Autointoxication, 412
 Autonomization, 224
 Avascular necrosis of the femoral head, osteonecrosis, 123
 Babesia, 93
 Balance shoes, 294
 Bed rest, 254
 Beets, 460
 Berberine, 455
 Beta-glucuronidase, 104
 Beta-glucuronidase, 435
 Betulina, 457
 Bile flow, 536
 Biochemical individuality, 195
 Biochemical Individuality - overview, 216
 Bioflavonoids treatment of allergy, 385
 Bismuth, 456
 Blastocystis hominis, 447
 Body Mass Index, 204
 Boerhaavia diffusa, 460
 Bone necrosis caused by NSAIDs, 250
 Borrelia burgdorferi, 93
 Boswellia serrata - importance and application in basic holistic care, 259
 Bromocriptine, 521, 522
 Brucea javanica, 457
 Buchu/betulina, 457
 Bystander activation, 401
 Cabergoline, 521
 Caffeine, 212
 Calcium pyrophosphate dihydrate deposition disease, 124, 125
 Campylobacter, 93
 Candida albicans, 448
 Cannabis sativa and related variants, 261
 Caprylic acid, 457
 Capsicum annum, Capsicum frutescens - importance and application in basic holistic care, 260
 Carbohydrate loading for supercompensation, 211
 Carpal bones myofascial release, 290
 Carpal tunnel syndrome - clinical management, 286
 Carpal tunnel syndrome - manipulative treatment, 292
 Carrageenan, 212
 Cartilage destruction caused by NSAIDs, 250
 Cat's claw - importance and application in basic holistic care, 259
 Cauda equina syndrome, 2, 120
 Cayenne pepper - importance and application in basic holistic care, 260
 CBC - overview, 25
 CCP, 81
 Celiac disease, 85
 Cervical Spine: Rotation Emphasis, 280
 Chemistry panel - overview, 25
 Chiropractic model of illness and healing, 152
 Chlamydia trachomatis, 93
 Chlamydia/Chlamydia pneumoniae, 93
 Chlamydia pneumoniae, 93
 Chlorpyrifos, 236
 Chondroitin, 270
 Chronic fatigue syndrome, 94
 Citrobacter freundii, 448
 Citrobacter rodentium, 448
 Clinical practice involves much more than "diagnosis and treatment", 114
 Clove, 457
 Cold and stretch treatment for MFTP, 277
 Commiphora molmol, 456
 Complement, 84
 Complements C3 and C4, 54
 Composite seropositivity, 81
 Comprehensive parasitology, 26, 102, 451
 Compression - use in injury management, 255
 Conscious living, 196
 Consciousness-raising, 224
 Consent to treatment, 110
 Contemplation, 194
 CoQ-10 in the treatment of allergy, 385
 Corrective experience, 224
 Cortef, 525
 Cortisol, 524
 Counterthrust, 279
 CPDD, 125
 CPPD, 124, 125
 Cranberry, 457
 Cranial nerves, 22, 23
 C-reactive protein - interpretation, 27
 CRP - interpretation, 52
 Curcumin, 460
 Curcumin requires piperine for absorption, 308, 374, 386
 Cutaneous dysbiosis/colonization— introduction to assessment, 90
 Cyclic citrullinated protein antibodies, 81
 Cyclooxygenase (COX), 370
 Cytomegalovirus (CMV), 92
 Cytomel, 527
 Daily living, 190
 DDE, 235
 DDT, 235
 Deep tendon reflexes, 24
 Delta-4-desaturase, 370
 Delta-5-desaturase, 370
 Delta-6-desaturase, 370
 Depuration, 238, 239
 Detoxification
 Detoxification, 239
 Detoxification defects by leaky gut, 434
 Detoxification programs are a necessity, 235
 Detoxification: Clinical Review, 529
 Devil's claw - importance and application in basic holistic care, 259
 DGLA, 362
 DGLA metabolites by 15-lipoxygenase, 365
 DGLA metabolites by cyclooxygenase, 364
 DHA, 256, 358
 DHEA, 525
 Diabetes mellitus type 1.5, 85
 Dientamoeba fragilis, 448
 Dietary haptenization, 379
 Dietary molecular mimicry, 380
 Dihomo-gamma-linolenic acid, 362
 Diindolylmethane, 523
 Dill (antimicrobial actions), 457
 DIM, 523
 Dimercaptosuccinic acid, 539
 DMSA, 539
 Docere, 131
 Docosahexaenoic acid, 358
 Docosapentaenoic acid, 358, 364
 Docosatrienes, 308, 359
 Dostinex, 521
 DPA, 358
 Drop thrust, 283
 Dry needling or injection of local anesthetic or saline
 Dysbiosis
 Dysbiosis—introduction to concepts and testing, 86
 Educate - importance and application in basic holistic care, 255
 Eicosanoid modulation - importance and application in basic holistic care, 267
 Eicosapentaenoic acid, 357
 Eicosatetraenoic acid, 357
 Eicosatetraenoic acid, 363

Eicosatrienoic acid, 362
 Elimination and challenge technique, 388
 Elongase, 370
 Emergencies, 119
 Emotional, mental, and social health, 221
 Emotional literacy, 224
 Endocrinologic activity of adipose, 205
 Endolimax nana, 449
 Endoplasmic reticulum (ERS), 503
 Endotoxin, 405
 Endotoxins (lipopolysaccharide) from gram-negative bacteria, 405
 Enemas, 459
 Enhanced processing of autoantigens, 399
 Entamoeba histolytica, 430, 432, 449
 Enterococcus, 449
 Environmental dysbiosis/colonization—introduction to assessment, 90
 Enzymes in fatty acid metabolism, 369
 EPA - importance and application in basic holistic care, 256
 EPA - review, 357
 Epstein-Barr virus (EBV), 92
 ESR - interpretation, 54
 Essential fatty acid, 355, 362
 Estrogen, 522
 Eucalyptus oil, 446
 Exceptional living, 195
 Exercise, 201
 Facial nerve, 23
 Family health history, 13
 Fatty Acid / Genetic Expression, 309
 Ferritin - interpretation, 54
 Ferritin - overview, 26
 Fish oil, EPA with DHA, 256
 Five-Part Nutritional Wellness Protocol That Produces Consistently Positive Results, 310
 Flax seed oil, 356
 Food allergens, 213
 Food allergy, 376
 Food allergy diagnosis, 388
 Food challenges, 388
 Functional assessment, 19
 Gamma strep, 449
 Gamma-linolenic acid, 362
 Gamma-linolenic acid - importance and application in basic holistic care, 257
 Garlic, 456
 Gastric ulceration and gastrointestinal bleeding caused by NSAIDs, 250
 Gastrointestinal dysbiosis, 430
 Gastrointestinal dysbiosis/colonization—introduction to assessment, 88
 Gene products NF-kappaB, 373
 Genetic Hemochromatosis, 160
 Genitourinary dysbiosis/colonization—introduction to assessment, 89
 Giant cell arteritis, 119
 Giardia lamblia, 449, 450
 Ginger, 258, 460
 GLA - review, 362
 Glossopharyngeal, 23
 Glucosamine, 270
 Gout, 124
 Grape seed extract, 308, 374, 386
 Green tea, 308, 374, 386
 Group A streptococci, 454
 Gulf War Illness, 94
 Haptization, 401
 Harpagophytum procumbens - importance and application in basic holistic care, 259
 Headache and head pain - overview, 171
 Helicobacter pylori, 450
 Helicobacter pylori, 94
 Hepatic and renal injury and failure caused by NSAIDs, 250
 Hepatitis B virus (HepB, HBV), 92
 Hepatitis C virus (HepC, HCV), 92
 Hepatobiliary stimulation for IgA-complex removal, 459
 Herpes simplex (HSV1, HSV2), 92
 HFE mutation, 167
 Hierarchy of Therapeutics, 131
 High glycemic foods, 255
 HIGH-RISK PAIN PATIENTS, 109
 History taking, 8
 Holistic conservative care, 244
 Hormones in the treatment of allergy, 387
 Hospital/physician errors, 253
 Hughes syndrome, 85
 Human herpes virus type-6 (HHV-6), 92
 Human immunodeficiency virus (HIV), 92
 HVLA, 279
 Hypericum perforatum, 456
 Hyperinsulinemia, 211
 Hyperprolactinemia, 519
 Hypoglossal nerve, 23
 I3C, 523
 Iatrogenic neurosis, 265
 Ice/heat, 254
 Immune complex formation/deposition, 409
 Immunonutrition (against dysbiosis), 458
 Immunostimulation by bacterial DNA, 407
 Immunotoxicity, 529
 Implementing the Five-Part Nutritional Wellness Protocol for the Treatment of Various Health Problems, 312
 Inadequacies musculoskeletal education, 246
 Increased intestinal permeability/NSAIDs, 250
 Individualize treatment - importance, 255
 Individuation, 196
 Indole-3-carbinol, 523
 Inflammation = inflammation, 373
 Inflammatory bowel disease—laboratory testing, 85
 Informed consent, 110
 Inhibition of detoxification by dysbiosis, 419, 421
 Insulin resistance, 211
 Internal locus of control, 226
 Intra-dependence, 224
 Introduction to Injection Therapies, 298
 Iodine, 527
 Iron Overload, 160
 Jared Zeff, N.D., 189
 Klebsiella pneumoniae, 430, 450
 LA, 362
 Labile support surface, 294
 Laboratory assessments: general considerations of commonly used tests, 25
 Laboratory tests in the evaluation of patients with musculoskeletal complaints, 25
 Lactoferrin, 104
 Lactoferrin, 436
 Lactulose-mannitol assay, 26
 Lactulose-mannitol assay evaluates paracellular/pathologic and transcellular/physiologic absorption, 433
 LADA, 85
 Latent autoimmune diabetes in adults, 85
 Lead and HTN, 77
 Leaky gut, 101
 Leaky gut, 418
 Leaky gut diagram, 434
 Leukotriene B4, 367
 Leukotriene B-5, 359
 Levothyroxine, 526
 Lifestyle habits, 191
 Linoleic acid, 362
 Linoleic acid metabolites formed by lipoxygenases, 366
 Linolenic acid, 356
 Liothyronine, 527
 Liotrix, 527
 Lipoic acid, 308, 374, 386
 Lipoxygenases (LOX), 371
 Liver biopsy in iron overload, 167
 LOX, 371
 LT-C4, 367
 LT-D4, 367
 LT-E4, 367
 L-tyrosine and iodine, 527
 Lumbar Roll, 284
 Lyme disease, 93
 Manipulation, mobilization, and massage, 266
 Manipulation Costovertebral Junction, 282
 ManKind Project, 224
 Manual Medicine, 278
 Massage - importance and application in basic holistic care, 263
 Maximize factors that promote health, 241
 Mechanisms of autoimmune induction, 395
 Medical history, 13
 Melatonin, 200
 Mentha piperita, 456
 Mercury, 237
 Mercury, 532
 Metabolism of omega-3 fatty acids and related eicosanoids - illustration, 361
 Metabolism of omega-6 fatty acids and related eicosanoids - illustration, 368
 MFTP - clinical management, 274
 Microbial colonization, 86
 Milk thistle, 460
 Minimize factors that promote disease, 241
 Mobilezation, 266
 Molecular mimicry, 395
 Monoarthritis, 122
 Mononucleosis, 92
 Motivation, 193
 Motivation, 194
 Mucuna pruriens, 520
 Multifocal Dysbiosis, 392
 Multifocal polydysbiosis, 86
 Multiple sclerosis, 93, 94
 Muscle strength - grading scale, 24
 Musculoskeletal emergencies, 119
 Musculoskeletal Manipulation, 278
 Mycoplasma, 94
 Myelopathy, 2, 120
 Myofascial, 274
 Myrrh, 456
 Naturopathic model of illness and healing, 129
 Naturopathic principles, 130
 Neurologic examination, 19
 Neuronal autoimmunity, 94
 Neuropsychiatric lupus, 119
 NF-kappaB, 408
 NF-kappaB and its phytonutritional modulation, 373
 Niacinamide, 270
 Nuclear transcription factor kappaB, 373
 Nutrigenomics, 217
 Nutrition and Physical Degeneration, 206
 Nutritional Genomics, 217
 Nutritional immunomodulation, 307
 O'Keefe and Cordain in Mayo Clinic Proceedings, 206
 Obesity, 204

- Objective means for the identification of allergens, 388
- Oculomotor, 23
- Olfactory, 23
- Omega-3 fatty acids - review, 356
- Ophthalmic, 23
- Opioid epidemic, 245
- Oregano oil, 455
- Organic foods rather than industrially-produced foods, 212
- Orodonal dysbiosis/colonization—introduction to assessment, 88
- Orthoendocrinology, 518
- Orthomolecular Immunomodulation, 383
- Orthomolecular Medicine - overview, 216
- Orthopedic/musculoskeletal examination: concepts and goals, 20
- Orwellian newspeak, 249
- Osteochondritis dissecans, 123
- Osteomyelitis, 2, 121
- Osteopathic Medicine, 149
- Paleo-Mediterranean Diet, 219
- Pancreatic enzymes, 273
- PAR, 110
- Paradigms, 197
- Parasites, 102, 447, 451
- Parenchymal dysbiosis, 91
- Parvovirus B19, 93
- Peppermint, 456
- Peptidoglycans, 403
- Pesticide exposure, 237
- Phenolic content, 209
- Phospholipase-A2, 370
- Physical examination, 19
- Physical exertion, 201
- Physician errors, 253
- Phytochelators, 541
- Phytochemicals, 208
- Phytochemicals, 209
- Picrorhiza, 460
- Plasminogen activator inhibitor, 359
- Political and social action, 238
- Porphyria cutanea tarda, 162
- Post-isometric stretching for MFTP, 276
- Pre-contemplation, 194
- Preparation, 194
- Primary biliary cirrhosis, 85
- Primary sclerosing cholangitis, 85
- Primary/Genetic Hemochromatosis, 160
- Primum Non Nocere, 130
- Probiotic supplementation, 458
- Problems and solutions, 534
- Proinflammatory adipose tissue, 205
- Pro-inflammatory foods, 255
- Prolactin, 519
- Prolotherapy, 298
- Propolis, 308, 374, 386
- Proprioceptive rehabilitation, 266, 293, 300
- Prostacyclin, 365
- Prostaglandin D2, 365
- Prostaglandin E-1, 364
- Prostaglandin E2, 307, 365
- Prostaglandin E-3, 359
- Prostaglandin F2-alpha, 366
- Prostaglandin G2, 366
- Prostaglandin G-3, 359
- Prostaglandin H2, 366
- Prostaglandin H-3, 359
- Prostaglandin I2, 365
- Prostaglandin I-3, 359
- Prostaglandin synthase complex, 370
- Protect & prevent re-injury, 254
- Protein - calculation of daily intake, 206
- Protein - importance and application in basic holistic care, 267
- Protein per Pound of Body Weight, 207
- Protein per Pound of Body Weight, 328
- Protein supplements, 207
- Proteolytic enzymes, 273, 457
- Proteus mirabilis, 430
- Pseudomonas aeruginosa, 94, 430
- Pyridoxine, 288
- Pyridoxine, 519
- Raynaud's phenomenon, 94
- Reactive arthritis, 93
- Reasons to avoid the use of nonsteroidal anti-inflammatory drugs (NSAIDs), 246, 249
- Referred pain with compression, 274
- REFLEXES – grading scale, 24
- Relative rest - definition and application in basic holistic care, 254
- Renal injury and failure by NSAIDs, 250
- Resolvins, 360
- Review of systems, 12
- Rheumatoid Factor - interpretation, 80
- Rheumatoid factor - overview, 26
- Rib manipulation, 282
- Riboflavin, 290
- Roger J Williams, 195
- ROS: review of systems, 12
- Rosemary, 308, 374, 386
- Safe patient + safe treatment = safe outcome, 110
- Salmonella, 93
- Screening laboratory tests in the evaluation of patients with musculoskeletal complaints, 25
- Secondary Hemochromatosis, 160
- Secretory IgA, 103
- Secretory IgA, 435
- Septic arthritis, 121, 125, 126
- Seropositivity, 81
- Serotonin synthesis, 211
- Serum 25(OH) vitamin D, 59
- Serum IgE and IgG assays, 388
- Shigella, 93
- Short-chain fatty acids, 104
- Short-chain fatty acids, 435
- Sick role, 265
- Silymarin, 168
- Sinorespiratory dysbiosis, 88
- Skin taping to increase afferent stimuli, 296
- Skin-prick testing, 388
- Sleep, 199
- Slipped capital femoral epiphysis, 124
- Social history, 13
- Sodium benzoate, 212
- Somatic dysfunction, 149
- Spinal accessory nerve, 23
- Spinal cord compression, 2, 120
- St. John's Wort, 456
- Staphylococcus aureus, 453
- Stearidonic acid, 357
- Stool analysis, 103
- Streptococcal infections, 94
- Streptococcus pyogenes, 454
- Stress is a "whole body" phenomenon, 222
- Stress management, 221
- Superantigens, 398
- Supercompensation, 211
- Supplemented Paleo-Med. diet, 219, 256
- Syndemic** obesity, inflammation, cardiometabolic, brain dysfunction, 504
- Synthroid, 526
- Syzygium species, 457
- Tartrazine, 212
- Television, 191
- Temporal arteritis, 119
- Testing for Occult Infections and Dysbiosis, 86
- Testosterone, 524
- Therapeutic dependency - defined, 265
- Therapeutic exercise - importance and application in basic holistic care, 266
- Therapeutic passivity - defined, 265
- Thromboxane A-2, 365
- Thromboxane A-3, 359
- Thromboxane B2, 365
- Thrust vectors, 279
- Thyme, 457
- Thymus vulgaris, 457
- Thyroid, 526, 527
- Thyroid glandular, 527
- Thyroid hormone, 519
- Thyroid stimulating hormone, 64
- Thyrolar, 527
- Tolle Causam, 130
- Toll-like receptors, 408
- Toll-like receptors (TLR2 and TLR4), 503
- Toxicant Exposure and Detoxification/Depuration, 535
- Transient synovitis, irritable hip, 123
- Treatment for MFTP, 277
- Trigeminal, 23
- Tripterygium wilfordii Hook F, 520
- Triptolide, 520
- Trochlear, 23
- Truncated self, 226
- TSH: thyroid stimulating hormone - interpretation, 64
- Turmeric, 460
- Twitch response, 274
- Una de gato - importance and application in basic holistic care, 259
- Uncaria guianensis and Uncaria tomentosa - importance and application in basic holistic care, 259
- Undecylenic acid, 457
- Unfolded protein response (UPR), 502
- Unhistorical, 196
- Uva Ursi, 456
- Varicocele, 523
- Vestibulocochlear, 23
- Vis Medicatrix Naturae, 130
- Viscous Agents, 298
- Visual analog scale, 23
- Vitamin B-12 treatment of allergy, 385
- Vitamin B-6, 288
- Vitamin C, 273
- Vitamin C in the treatment of allergy, 385
- Vitamin D - antiinflammatory benefits, 375
- Vitamin D deficiency, 26
- Vitamin D status testing, 59
- Vitamin E in the treatment of allergy, 385
- Vitex astus-cagnus, 520
- Weight optimization, 265
- Wellness, 4
- Williams, Roger J., 195
- Willow bark, 258
- Wobble board, 294
- WomanWithin, 224
- Work ethic, 198
- Xenobiotic Immunotoxicity, 529
- Yellow dye #5, 212
- Yersinia, 93
- Yoga, 290
- Zeff, N.D., 189
- Zingiber officinale, 258