

**Functional Inflammolgy (.com): Definition and Scope:** An evidence-based clinical approach to the prevention, management, comanagement, and cure of the majority of so-called "chronic diseases" that are increasingly in epidemic proportions worldwide; examples include diabetes, hypertension, obesity, migraine, neurodegeneration, fibromyalgia, and disorders of allergic and autoimmune inflammation. **Safety, Efficacy, Ethics:** Remarkable safety and efficacy; allows clinicians to meet all criteria of medical ethics: ① beneficence, ② nonmaleficence, ③ autonomy, ④ informed consent, ⑤ distributive justice. **Refutations/Affirmations:** The "chronic disease model" is refuted and replaced by the view that **most so-called "chronic inflammatory diseases" are simply "sustained inflammatory responses"** to factors which can be clinically corrected; these seven primary factors are effectively addressed by the Functional Inflammolgy Clinical Protocol.

**Functional Inflammolgy: Volume 1** is the culmination of several thousand research publications combined with Dr Vasquez's many years of clinical experience and teaching graduate-level students and doctorate-level clinicians worldwide. With radiographs, photos, acronyms, illustrations, flowcharts, and detailed-yet-simplifying explanations, Dr Vasquez makes it easier than ever for clinicians to grasp important concepts in integrative care and functional medicine and then to translate the basic science research and molecular biology into treatment plans that can be explained and used in "the real world" of clinical practice with patients. The associated video tutorials and recorded live conference presentations further help students and clinicians "get it" via Dr Vasquez's effective teaching style which embraces complexity while always emphasizing clinical applicability and psychosocial context. The **Inflammation Mastery & Functional Inflammolgy series of books and videos** 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 inflammation, 2) allergic inflammation, 3) autoimmune 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 made available in videos and online repositories (access provided in the book), and the e-newsletter available from **InflammationMastery** and **FunctionalInflammolgy.com**. This textbook also provides access, via reprints or hyperlinks, to Dr Vasquez's published articles—an example of which is his recent paradigm-shifting editorial published in the journal *Alternative Therapies in Health and Medicine* (2014 January). The updated section on pain management allows students and clinicians to understand and apply manual, pharmacologic, nutritional and botanical medicine treatments for musculoskeletal pain, thereby providing better relief for patients and avoiding the hazards of NSAIDs, coxibs, steroids, opioids, immunosuppressants/immunoparalytcs and biologics. Written with a modicum of style and humor, the paradigm-shifting revelations and plethora of clinical pearls are punctuated by biochemical insights and inconvenient political-environmental truths. In sum, Dr Vasquez's latest literary laxative disimpacts the dogma, shibboleths, and intellectual inertia that have held clinical medicine in a state of pathocentric pharmacodependent constipation for far too long; authentic long-awaited relief is now available for thousands of doctors and millions of patients.

**About the author—Dr Alex Vasquez:** Dr Alex Vasquez holds 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* (2012), *Integrative Rheumatology* (2014), *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), *Fibromyalgia in a Nutshell* (2012), *Migraine Headaches, Hypothyroidism and Fibromyalgia* (2012), *Mitochondrial Nutrition and Mitochondrial Medicine for Primary Care Conditions* (2014), and *Dysbiosis in Human Disease* (2014), which is also an excerpt from *Functional Inflammolgy: Volume 1*. "DrV" has also written more than 100 letters and articles for professional magazines and medical journals such as *British Medical Journal* (BMJ), *The Lancet.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), *Current Allergy and Asthma Reports*, *Integrative Medicine*, and *Arthritis & Rheumatism*, the Official Journal of the American College of Rheumatology. Dr Vasquez lectures worldwide to healthcare professionals and provides expert consultations to physicians and patients internationally. Dr Vasquez is the Chief Editor of *International Journal of Human Nutrition and Functional Medicine*, and he helps moderate the "nutrition and functional medicine forum" at [NutritionAndFunctionalMedicine.org/edu](http://NutritionAndFunctionalMedicine.org/edu). 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) with videos at [Vimeo.com/DrVasquez](http://Vimeo.com/DrVasquez) and audio recordings of lectures at iTunes.

**About the International College of Human Nutrition and Functional Medicine (ICHNFM):** International College of Human Nutrition and Functional Medicine was founded by a group of internationally-located world-class experts to provide higher-level training in nutrition and functional medicine to students and clinicians worldwide in Spanish, English, Portuguese, Catalan, and other languages. Originally founded in North America (Portland Oregon USA) and launched with the tremendously successful 2013 International Conference on Human Nutrition and Functional Medicine (described at [ICHNFM.org](http://ICHNFM.org) with select videos available at [Vimeo.com/ICHNFM](http://Vimeo.com/ICHNFM)), the organization is also now established in Europe (Spain) with an additional location in South America (Colombia). Dr Vasquez and his colleagues at ICHNFM provide educational courses, videos, written materials, and mentoring for students and clinicians to promote the expert-level application of clinical nutrition and functional medicine. Via forums ([NutritionAndFunctionalMedicine.org/edu](http://NutritionAndFunctionalMedicine.org/edu)) and live interactive online classes, professors and students are able to interact, network, and share important insights, clinical experiences and case reports, effective doses of nutrients and prescription medicines, additional citations to research, important clinical pearls, and expanded discussions on various topics as the research and clinical practice of human nutrition and functional medicine continuously advance. International College of Human Nutrition and Functional Medicine®, *International Journal of Human Nutrition and Functional Medicine*® ([IntJHumNutrFunctMed.org](http://IntJHumNutrFunctMed.org)), and International Conference on Human Nutrition and Functional Medicine® are all registered trademarks™ legally held and internationally protected by the International College of Human Nutrition and Functional Medicine, based in North America (United States) and Europe (Spain).

Family Medicine  
Functional Medicine  
Integrative Medicine  
Internal Medicine  
Nutrition: Human, Clinical  
Pain Management  
Preventive Medicine  
Rheumatology

This textbook is distributed via the International College of Human Nutrition and Functional Medicine based in Barcelona, Cataluña/Spain and detailed at [NutritionAndFunctionalMedicine.org/edu](http://NutritionAndFunctionalMedicine.org/edu) and [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 [FunctionalInflammolgy.com](http://FunctionalInflammolgy.com).

**Sections and Topics**

- ♦ **Preface and Preamble:** Introduction, scope, perspectives, video access notice
- ♦ **Chapter 1: Concepts and Approach to Patient Assessment and Clinical Interpretation of Laboratory Tests:** Also includes sections on risk management, musculoskeletal emergencies, hemochromatosis and hypothyroidism
- ♦ **Chapter 2: ReEstablishing the Foundation for Health:** Evidence-based wellness promotion and lifestyle-based health optimization
- ♦ **Chapter 3: Basics of (Nondrug) Integrative Pain Management and Musculoskeletal Care:** Useful data, tools, and acronyms reviewing botanical medicines, ergonomics, nutritional supplementation, diet, neuromuscular stabilization, trigger point treatment, manual medicine; includes a complete clinical review of nutritional and manipulative treatments for carpal tunnel syndrome
- ♦ **Chapter 4: DrV's Functional Inflammolgy Protocol based on the Seven Main Modifiable Factors in Sustained Inflammatory Responses:** Food and nutrition, microbes and dysbiosis, nutritional immunomodulation, dysmetabolism and organelle dysfunction with extended discussions/protocols for mitochondrial dysfunction and endoplasmic reticulum stress, sleep quality, stress management, hormone imbalances, xenobiotic immunotoxicity; **provides access to more than 11 hours of video presentations and teaching**
- ♦ **INDEX**
- ♦ **Introduction slides (n=142)**
- ♦ **Dysbiosis slides (n=132) and video**

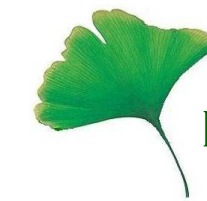
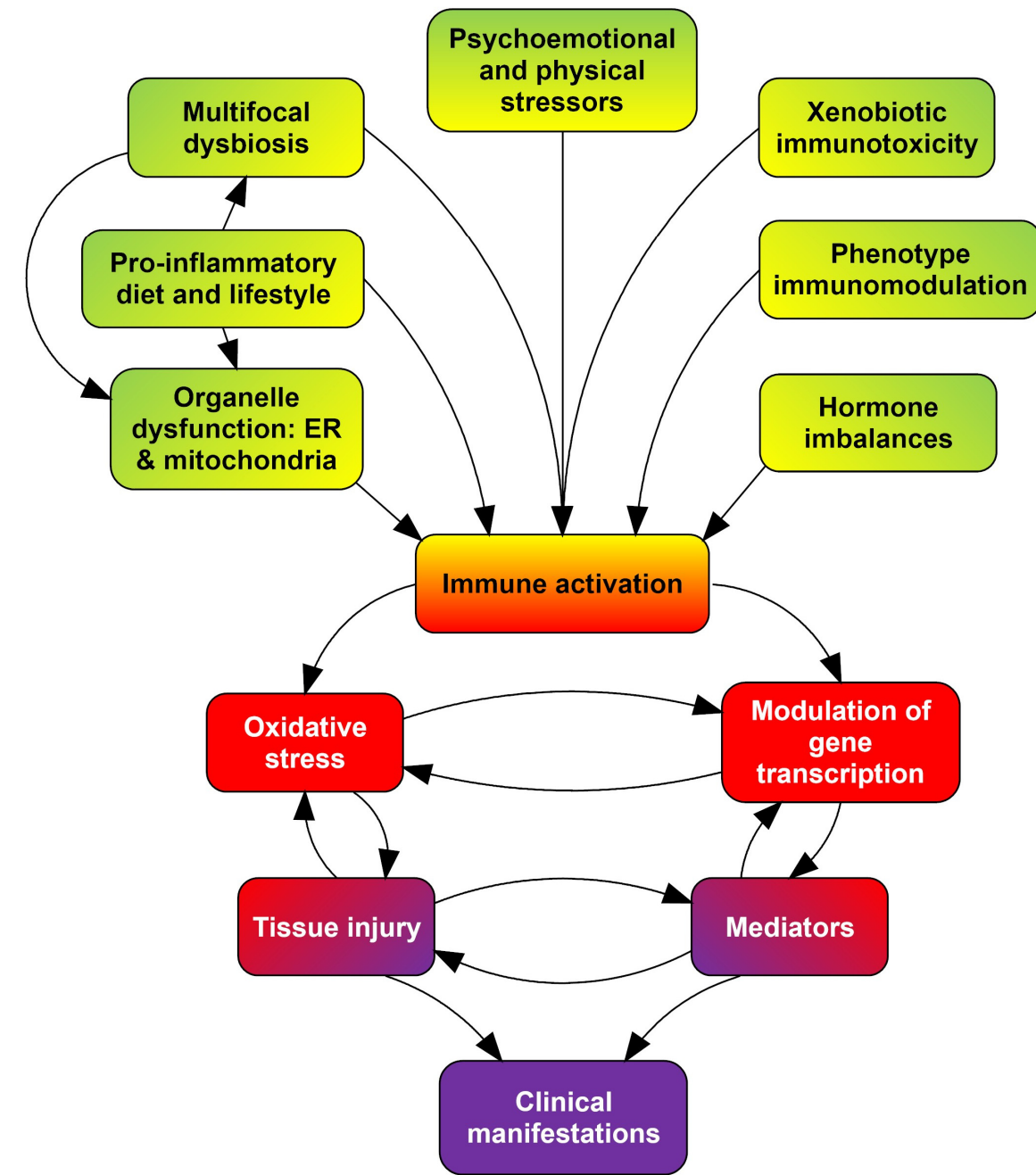
FUNCTIONAL INFLAMMOLOGY: VOLUME 1  
INTRODUCTION TO CLINICAL NUTRITION, FUNCTIONAL MEDICINE,  
AND INTEGRATIVE PAIN MANAGEMENT FOR DISORDERS OF  
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VASQUEZ



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