



Textbook of Clinical Nutrition and Functional Medicine, vol. 2: Protocols for Common Inflammatory Disorders (Inflammation Mastery & Functional Inflammology)

Alex Vasquez

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Refinements/edits made on 20 Apr 2016: This work is the culmination of several thousand research publications combined with Dr Vasquez's many years of clinical experience and teaching graduate/doctorate-level students and 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 translate the basic science and molecular biology into treatment plans that can be explained and used in "the real world" of clinical practice.

Contents of Volume 2 (also published as Chapter 5 in "Inflammation Mastery, 4th Ed"):

- 1) Hypertension...727,
- 2) Diabetes Mellitus...819,
- 3) Migraine & Headaches...863,
- 4) Fibromyalgia...901,
- 5) Allergic Inflammation...984,
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- 7) Psoriasis & Psoriatic Arthritis...1038,
- 8) Systemic Lupus Erythematosus...1053,
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- 11) Spondyloarthropathies & Reactive Arthritis...1108,
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- 13) Raynaud's Disorder...1127,

14) Clinical Notes on Behçet's Disease, Sarcoidosis, Dermatomyositis & Polymyositis...1131.

This excerpt / second volume is written for clinicians already conversant in

Chapter 1) Patient assessment, laboratory interpretation, risk management, hypothyroidism, hemochromatosis,

Chapter 2) Wellness, Personalized Lifestyle Medicine,

Chapter 3) Integrative pain management using nutrition, botanicals, and manipulative medicine,

Chapter 4) Functional Inflammation Protocol: Diet, Polydysbiosis/Infections, Viral infections, Nutritional immunomodulation, Mitochondrial dysfunction, mTOR, ERS-UPR, Orthoendocrinology, Xenobiotic detoxification.

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 Inflammation 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 Inflammation Protocol and FINDSEX(r) 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 ICHNFM.ORG.

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