



# **Functional Medicine Clinical Protocols for Inflammatory Disorders: Functional Inflammation, Volume 2 (Functional Inflammation & Inflammation Mastery)**

*Alex Vasquez*

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# Functional Medicine Clinical Protocols for Inflammatory Disorders: Functional Inflammolgy, Volume 2 (Functional Inflammolgy & Inflammation Mastery)

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Discounted grayscale printing; for full-color see ISBN 0990620441. The most recent publication from ICHNFM.ORG is "Functional Medicine Clinical Protocols for Inflammatory Disorders: Functional Inflammolgy, Volume 2" (2016; printed in color via ISBN 0990620441), which extends Volume 1 printed in color as "Functional Inflammolgy" (ISBN 0990620409) and grayscale as "Inflammation Mastery" 2014 (ISBN 1500545945); also updated and published in color in 2016 as a single volume as "Inflammation Mastery, 4th Edition" (ISBN 0990620484). 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. 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 Inflammolgy Protocol: Diet, Polydysbiosis/Infections, Viral infections, Nutritional immunomodulation, Mitochondrial dysfunction, mTOR, ERS-UPR, Orthoendocrinology, Xenobiotic detoxification. Contents: updated Chapter 5 from "Inflammation Mastery, 4th Ed" 1) Hypertension...727, 2) Diabetes Mellitus...819, 3) Migraine & Headaches...863, 4) Fibromyalgia...901, 5) Allergic Inflammation...984, 6) Rheumatoid Arthritis...1019, 7) Psoriasis & Psoriatic Arthritis...1038, 8) Systemic Lupus Erythematosus...1053, 9) Scleroderma & Systemic Sclerosis...1074, 10) Vasculitic Diseases...1094, 11) Spondyloarthropathies & Reactive Arthritis...1108, 12) Sjögren Disease...1119, 13) Raynaud's Disorder...1127, 14) Clinical Notes on Behçet's Disease, Sarcoidosis, Dermatomyositis & Polymyositis...1131. 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 ICHNFM.ORG. This textbook also provides access, via reprints or hyperlinks, to Dr Vasquez's published articles—an example of which is his recent paradigm-shifting perspective published in the journal *Alternative Therapies in Health and Medicine* (2014 January). Updated section on pain management allows students and clinicians to understand and apply manual, pharmacologic, nutritional/botanical medicine treatments for musculoskeletal pain, thereby providing better relief for patients and avoiding the hazards of NSAIDs, coxibs, steroids, opioids, immunosuppressants and biologics.

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