

# Functional Inflammomology Protocol With Clinical Implementation

## Functional Inflammomology Protocol with Clinical Implementation

Functional Inflammomology Protocol with Clinical Implementation provides clinicians with an easy-to-remember clinical acronym that can serve as a template for clinical care. This version of the notes is abbreviated for greater focus on clinical implementation while it also provides product names at key locations within the protocol so that doctors will know how to translate the research into practical clinical care treatment plans.

## Functional Medicine Clinical Protocols for Inflammatory Disorders

Refinements/edits made to text 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. This second volume is written for clinicians already conversant in Ch.1) Patient assessment, laboratory interpretation, risk management, hypothyroidism, hemochromatosis, Ch.2) Wellness, Personalized Lifestyle Medicine, Ch.3) Integrative pain management using nutrition, botanicals, and manipulative medicine, Ch.4) Functional Inflammomology 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 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. This textbook also provides access, via reprints or hyperlinks, to Dr Vasquez's published articles-paradigm-shifting perspectives published in *Alternative Therapies in Health and Medicine* (2004, 2014) and *Nature Reviews Rheumatology* (2016). 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. 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 Inflammation, Vol 2" (2016; printed in color via ISBN 0990620441), which extends Vol 1 printed in 2014 in color as "Functional Inflammation" (ISBN 0990620409) and grayscale as "Inflammation Mastery" (ISBN 1500545945); also updated and published in color in 2016 as a single volume as "Inflammation Mastery, 4th Ed" (ISBN 0990620484).

## **Functional Medicine Rheumatology V3.5**

Functional Medicine Rheumatology, Edition 3.5 is designed to accompany the recently updated Functional Inflammation, Volume 1 as the most recent version of Dr Vasquez's previous Integrative Rheumatology, Edition 3. This volume is not meant to be used as a stand-alone reference because it does not contain the full details of the patient assessments, concepts, and clinical interventions that are detailed and contextualized in Functional Inflammation, Volume 1; this book-clearly an extension of the first volume-is being made available so that recent purchasers of Functional Inflammation, Volume 1 or Integrative Rheumatology, Edition 3 will be able to append or update, respectively, their recent purchases and thereby to access the most complete and up-to-date versions of the clinical applications. The full and complete update to DrV's rheumatology protocol is now available as a single volume of 900

pages: Naturopathic Rheumatology v3.5 (ISBN: 978-0990620426 / 0990620425). This work-which originated from Dr Vasquez's teaching notes in the Rheumatology course at Bastyr University in 2001-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. In the complete work, using 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 Inflammology 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 Inflammology 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 InflammationMastery and FunctionalInflammology.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 Jan). In the complete work, 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.

## **Functional Inflammology**

Functional Inflammology: 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

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## **F.i.n.d. S.e.x. the Easily Remembered Acronym for the Functional Inflammology Protocol**

This book has been replaced by: "Inflammation and Autoimmune Solutions: Seven Keys of the Updated FINDSEX Protocol: Second Edition in Color" (ISBN: 978-0990620495). This first edition is still available for archive purposes only.

## **Dysbiosis in Human Disease**

This book will be updated/replaced in March 2015 by its Second Edition, which will be the study guide for the online CME course taught by Dr Vasquez. This book is a 3-part Learning System of Text, Slides, and Video: -- excerpted from Functional Inflammation Volume 1 (ISBN 0990620409) -- providing 92 pages of text, 138 presentation slides -- printed with Colorized Text and Diagrams -- providing more than 14 Hours of Video Access This is an excerpt -- focusing on dysbiosis, providing 92 pages of text, 138 presentation slides, and more than 11 hours of video -- from Functional Inflammation: Introduction to Clinical Nutrition, Functional Medicine, and Integrative Pain Management, 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 the photos, diagrams, acronyms, illustrations and explanations, Dr Vasquez makes it easier than ever for clinicians to grasp important concepts and then apply the basic science research and molecular biology in to treatment plans that can be explained and applied 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 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 contained in the accompanying videos-hyperlinks and passwords are provided via newsletters and as described within this book.

## **Inflammation Mastery: Volume 1 (Discounted Black and White Printing)**

Inflammation Mastery is the initial printing in black/white/grayscale; the larger full-color version Functional Inflammation [ISBN 9780990620402] is now available and readers are encouraged to use this larger version with more information, full-color graphics and diagrams, more than 14 hours of video presentations and almost 300 presentation slides. Inflammation Mastery: Volume 1 is the less expensive, grayscale-printed, and slightly shorter version-printed due to technical limitations of the current

printer (limited to 630 pages in black and grayscale)-excerpted from the larger and full-color Functional Inflammation: Volume 1, 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 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 InflammationMastery and FunctionalInflammation.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.

# **Chiropractic Patient Assessment, Laboratory Interpretation, and Risk Management**

Chiropractic Patient Assessment, Laboratory Interpretation, and Risk Management provides a short and low-price introduction to Inflammation Mastery and Functional Inflammology and includes limited video access to the introduction to the Functional Inflammology clinical protocol for disorders of pain and inflammation. This introduction is excerpted from the larger and full-color Functional Inflammology: Volume 1, 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 Inflammology 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 limited access to Dr Vasquez's presentation introducing the origin and components of the Functional Inflammology 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 FunctionalInflammology.com.

## **Inflammation and Autoimmune Solutions**

Following the update and expansion of the 700-page Functional Inflammology, Volume 1 (August 2014; ISBN: 9780990620402), the previously published F.I.N.D.S.E.X.-The Easily Remembered Acronym for the Functional Inflammology Protocol (April 2013; ISBN: 9781484046760) is now provided as Inflammation and Autoimmune Solutions: Updated Second Edition of the F.I.N.D.S.E.X.(r) Functional Inflammology Protocol. This new version is published in full-color, with additional video access, and expanded and more detailed clinical protocols to facilitate the translation of important concepts and nutritional/biomedical science into easy and practical clinical applications for the

prevention and treatment of disorders of sustained inflammation. Dr Vasquez describes these \"patterns of metabolic disturbance and inflammatory dysfunction\" as 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 inflammomology 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 Inflammomology Protocol and FINDSEX(r) acronym. Post-publication updates to this information and important social and clinical contextualization are contained in the accompanying videos-hyperlinks and passwords are provided via websites and newsletters as described within the textbook. This book includes access to many of Dr Vasquez's articles, including his insightful and paradigm-shifting 2014 editorial describing \"the new mitochondrial medicine\" published in Alternative Therapies in Health and Medic

## **Integrative Rheumatology**

UPDATE: This book has been replaced by Version 3.5 published as Naturopathic Rheumatology (900 pages in full color; ISBN:978-0990620426) with a shorter excerpt published as Functional Medicine Rheumatology (288 pages in color; ISBN: 978-1502481368). Integrative Rheumatology is a clinically-oriented textbook that extends beyond Integrative Orthopedics to outline treatment plans for autoimmune and systemic inflammatory disorders. Since approximately 1 of every 7 (14% of total) visits to a primary healthcare provider is for the treatment of musculoskeletal pain or dysfunction, every physician needs to have 1) knowledge of important concepts related to musculoskeletal medicine, 2) awareness of urgent and emergency conditions, 3) skills to competently perform orthopedic examination procedures and clinical assessments, 4) ability to interpret common laboratory tests, and 5) the knowledge and ability to design and implement effective treatment plans. Integrative Rheumatology empowers students and doctors with the insight necessary for the design and implementation of truly integrative treatment plans for conditions such as systemic lupus erythematosus, rheumatoid arthritis, ankylosing spondylitis, psoriasis and psoriatic arthritis. Diagnostic, therapeutic, risk reduction and patient management strategies are emphasized throughout. Students in chiropractic and naturopathic medical colleges will find Integrative Rheumatology to provide a needed blend of concepts as well as the practical how to information on patient management that is often neglected in other textbooks or which can only be obtained after years of clinical experience. This book will help you synthesize your courses in physical examination, manipulation, physiotherapy, nutrition, botanical medicine, neurology and therapeutic



exercise into a cohesive set of skills that enables you to effectively help your patients overcome their musculoskeletal problems while you simultaneously promote wellness by looking at the bigger picture of their overall health rather than simply focusing on the problem. Integrative Rheumatology provides the information and citations to the research literature that you need in order to feel confident about your skills and the responsibilities that you will face as a healthcare provider. Clinicians of all disciplines whether ND, DC, DO, Lac, MD, PA, or NP will find the blend of research and clinical pearls helpful in their integrative management of patients with systemic autoimmune and rheumatic disorders. The text is abundantly referenced to textbooks and peer-reviewed biomedical journals. Integrative Rheumatology will give you a clinical advantage and the research justification to help treat your patients in the most natural, safe, and holistic means possible. Accessing the website provides links to updates and recently published articles by Dr. Vasquez. Update 2014: This book has been replaced by \"Integrative Rheumatology and Inflammation Mastery: Third Edition.\"

## **Human Microbiome and Dysbiosis in Clinical Disease**

FULL-COLOR PRINTING: This clinical monograph is now included in Chapter 4.2 of \"Inflammation Mastery 4th Edition\" (ISBN 0990620484) and \"Textbook of Clinical Nutrition and Functional Medicine, Vol. 1\" (ISBN 099062045X). About this book and series: This book-first in the series on microbiome and dysbiosis-contains the study notes, text, diagrams, explanations, and sample examination questions for the online continuing education course series \"Human Microbiome and Dysbiosis in Clinical Disease\" described at [ICHNFM.ORG/cme](http://ICHNFM.ORG/cme). Reading of this book is necessary for successful completion of the continuing education activities; video access to this updated material along with exam access and certificate of continuing education must be purchased/accessed separately while access via hyperlinks and passwords to other previous/ancillary videos is provided in this book. About the series: This is an updated excerpt-focusing on dysbiosis-from Functional Inflammation-Volume 1: Introduction to Clinical Nutrition, Functional Medicine, and Integrative Pain Management, the culmination of data from several thousand research publications combined with Dr Vasquez's many years of clinical experience and teaching graduate-level students and doctorate-level clinicians worldwide. Using illustrations, flowcharts, acronyms, and detailed-yet-simplifying explanations, Dr Vasquez makes the learning process easier than ever for clinicians to grasp important concepts in integrative care and functional medicine and then to translate the basic science research, molecular biology, and clinical data 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

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## **Textbook of Clinical Nutrition and Functional Medicine, Vol. 2**

\"Textbook of Clinical Nutrition and Functional Medicine, Volume 2: Protocols for Common Inflammatory Disorders\" (2016) extends \"Inflammation Mastery / Functional Inflammomology, Volume 1\" (2014, updated in 2016). Dr Vasquez makes it easy for clinicians to translate the research into treatment plans that can be used clinically with patients.

## **Integrative and Functional Medical Nutrition Therapy**

This textbook is a practical guide to the application of the philosophy and principles of Integrative and Functional Medical Nutrition Therapy (IFMNT) in the practice of medicine, and the key role nutrition plays in restoring and maintaining wellness. The textbook provides an overview of recent reviews and studies of physiological and biochemical contributions to IFMNT and address nutritional influences in human health overall, including poor nutrition, genomics, environmental toxicant exposures, fractured human interactions, limited physical movement, stress, sleep deprivation, and other lifestyle factors. Ultimately, this textbook serves to help practitioners, healthcare systems, and policy makers better understand this different and novel approach to complex chronic disorders. It provides the reader with real world examples of applications of the underlying principles and practices of integrative/functional nutrition therapies and presents the most up-to-date intervention strategies and clinical tools to help the reader keep abreast of developments in this emerging specialty field. Many chapters include comprehensive coverage of the topic and clinical applications with supplementary learning features such as case studies, take-home messages, patient and practitioner handouts, algorithms, and suggested readings. Integrative and Functional Medical Nutrition Therapy: Principles and Practices will serve as an invaluable guide for healthcare professionals in their clinical application of nutrition, lifestyle assessment, and intervention for each unique, individual patient.

# **Brain Inflammation in Chronic Pain, Migraine and Fibromyalgia**

This book solves the mysteries of chronic pain disorders such as migraine and fibromyalgia by explaining that the \"central sensitization\" which makes the brain more sensitive to main signals is actually caused by inflammation within the brain. By understanding the 3 main components of brain inflammation -- pain, inflammation, and mitochondrial dysfunction -- patients and doctors are able to understand and then treat these painful conditions with greater success; with this knowledge patients and doctors can implement the effective and successful treatment protocol, making customizations as needed per individual patient's unique profile/pattern. This version was previously published as Pain Revolution (full color), excerpted from Chapter 5 of \"Inflammation Mastery, 4th Edition\" also published as a two-volume set as \"Textbook of Clinical Nutrition and Functional Medicine, Vol. 2: Protocols for Common Inflammatory Disorders.\" The updated cover image emphasizes the importance of the brain inflammation that underlies the \"central sensitization\" which makes the brain more sensitive to pain. **PURPOSE & AUDIENCE:** This book is written to provide essential information to doctors and patients dealing with chronic pain generally, migraine and fibromyalgia specifically. The information is also relevant for cluster headache, myofascial pain syndrome, and complex regional pain syndrome. With hundreds of citations to the biomedical research literature, this book provides unique insights into the causes of and solutions for migraine and fibromyalgia as prototypic pain disorders chiefly characterized by central sensitization, glial activation, and mitochondrial dysfunction. Clinicians and patients alike will gain insights that are immediately applicable for the treatment of these conditions. Importantly, the focus of Dr Vasquez's Functional Inflammology Protocol is to skillfully address -in a structured manner- the underlying causes of pain and inflammation, not simply to alleviate pain/inflammation via drug dependency. This book details the pathophysiology and essential treatment components; additional explanations and updates are provided via video lectures and tutorials. **DIGITAL:** Ebook version will be published in January 2016. **ABOUT THIS BOOK:** This book is an excerpt from Chapter 5 of Dr Vasquez's most recent 1,200-page textbook, Inflammation Mastery, 4th Edition (2016). The information in this book has been developed over many years starting from Dr Vasquez's teaching notes in Orthopedics and Rheumatology in 2000 and 2001, then in Integrative Orthopedics (2004, 2012), Musculoskeletal Pain: Expanded Clinical Strategies (Institute for Functional Medicine, 2008), Functional Medicine Rheumatology (2014), and Human Microbiome and Dysbiosis in Clinical Disease (2015).

## **Introduction to Clinical Nutrition, Third Edition**

Dietary factors have been implicated in at least four of the ten leading causes of death in the U.S. (heart disease, cancer, diabetes, and stroke). Nevertheless, physicians

frequently receive inadequate training in nutrition to properly counsel their patients. Introduction to Clinical Nutrition, Third Edition discusses the physiologic and metabolic interrelationships of all nutrients and their roles in health maintenance and the prevention of various diseases. Since the publication of the second edition of this book, new discoveries have revolutionized the field of clinical nutrition. This is true especially with respect to gene-nutrient interaction, epigenetic pathways that contribute to the activation and inactivation of gene expression, the relationship of nutrients to telomere length and health, and personalized nutrition. Highlighting these advances, new and revised topics include: Fiber, antioxidants, nutraceuticals, alternative medicine, and epidemiology DNA, gene-nutrient interaction, epigenetics, and telomeres Nutritional aspects of kidney disease, diabetes, and metabolic syndrome Personalized nutrition and personalized medicine Vegetarianism, the Mediterranean diet, and other popular dietary practices Obesity and cholesterol Designed as a textbook for students in conventional medicine, osteopathy, dentistry, dietetics, nursing, pharmacy, and public health, the book focuses on the critical biochemical and physiological aspects of nutrients. It includes clinical case studies to clarify topics at the end of most chapters and references to facilitate further study.

## **Mitochondria and the Future of Medicine**

With information for patients and practitioners on optimizing mitochondrial function for greater health and longevity Why do we age? Why does cancer develop? What's the connection between heart failure and Alzheimer's disease, or infertility and hearing loss? Can we extend lifespan, and if so, how? What is the Exercise Paradox? Why do antioxidant supplements sometimes do more harm than good? Many will be amazed to learn that all these questions, and many more, can be answered by a single point of discussion: mitochondria and bioenergetics. In Mitochondria and the Future of Medicine, Naturopathic Doctor Lee Know tells the epic story of mitochondria, the widely misunderstood and often-overlooked powerhouses of our cells. The legendary saga began over two billion years ago, when one bacterium entered another without being digested, which would evolve to create the first mitochondrion. Since then, for life to exist beyond single-celled bacteria, it's the mitochondria that have been responsible for this life-giving energy. By understanding how our mitochondria work, in fact, it is possible to add years to our lives, and life to our years. Current research, however, has revealed a dark side: many seemingly disconnected degenerative diseases have tangled roots in dysfunctional mitochondria. However, modern research has also endowed us with the knowledge on how to optimize its function, which is of critical importance to our health and longevity. Lee Know offers cutting-edge information on supplementation and lifestyle changes for mitochondrial optimization, such as CoQ10, D-Ribose, cannabinoids, and ketogenic dietary therapy, and how to

implement their use successfully. Mitochondria and the Future of Medicine is an invaluable resource for practitioners interested in mitochondrial medicine and the true roots of chronic illness and disease, as well as anyone interested in optimizing their health.

## **Body on Fire**

Inflammation is the body's natural response to injury or illness, but long-term inflammation can silently turn on us, becoming a danger to our health. This guide explains how chronic inflammation damages cells and can lead to asthma, cancer, diabetes, heart disease, rheumatoid arthritis, and even Alzheimer's disease. Fortunately, there are natural solutions to keep chronic inflammation in check. Our food choices can make a crucial difference. Learn how to design an anti-inflammatory diet based on health-protective plant-based foods with high concentrations of phytochemicals and other essential inflammation-fighting nutrients. Then enjoy a few delicious, easy-to-prepare recipes that reveal how to incorporate a wide variety of these power-packed foods into everyday dishes.

## **Nutritional Medicine**

"A clinically-oriented, scientifically-based guide to the use of diet, nutritional supplements, and other natural substances for the prevention and treatment of a wide range of physical and mental disorders..." --

## **Human Microbiome and Dysbiosis in Clinical Disease**

DISCOUNTED BLACK AND WHITE PRINTING: This clinical monograph is now included in Chapter 4.2 of "Inflammation Mastery 4th Edition" (ISBN 0990620484) and "Textbook of Clinical Nutrition and Functional Medicine, Vol. 1" (ISBN 099062045X). About this book and series: This book-first in the series on microbiome and dysbiosis-contains the study notes, text, diagrams, explanations, and sample examination questions for the online continuing education course series "Human Microbiome and Dysbiosis in Clinical Disease" described at [ICHNFM.ORG/cme](http://ICHNFM.ORG/cme). Reading of this book is necessary for successful completion of the continuing education activities; video access to this updated material along with exam access and certificate of continuing education must be purchased/accessed separately while access via hyperlinks and passwords to other previous/ancillary videos is provided in this book. About the series: This is an updated excerpt-focusing on dysbiosis-from Functional Inflammation-Volume 1: Introduction to Clinical Nutrition, Functional Medicine, and Integrative Pain Management, the culmination of data from several thousand research publications combined with Dr Vasquez's many years of clinical experience and teaching graduate-level students and

doctorate-level clinicians worldwide. Using illustrations, flowcharts, acronyms, and detailed-yet-simplifying explanations, Dr Vasquez makes the learning process easier than ever for clinicians to grasp important concepts in integrative care and functional medicine and then to translate the basic science research, molecular biology, and clinical data 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 Inflammomology 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, and 3) autoimmune inflammation. For more insights and clinical applications, please see the full version of Functional Inflammomology: Volume 1.

## **Subseafloor Biosphere Linked to Hydrothermal Systems**

This book is the comprehensive volume of the TAIGA ("a great river " in Japanese) project. Supported by the Japanese government, the project examined the hypothesis that the subseafloor fluid advection system (subseafloor TAIGA) can be categorized into four types, TAIGAs of sulfur, hydrogen, carbon (methane), and iron, according to the most dominant reducing substance, and the chemolithoautotrophic bacteria/archaea that are inextricably associated with respective types of TAIGAs which are strongly affected by their geological background such as surrounding host rocks and tectonic settings. Sub-seafloor ecosystems are sustained by hydrothermal circulation or TAIGA that carry chemical energy to the chemosynthetic microbes living in an extreme environment. The results of the project have been summarized comprehensively in 50 chapters, and this book provides an overall introduction and relevant topics on the mid-ocean ridge system of the Indian Ocean and on the arc-backarc systems of the Southern Mariana Trough and Okinawa Trough.

## **Carbon in Earth**

Volume 75 of Reviews in Mineralogy and Geochemistry addresses a range of questions that were articulated in May 2008 at the First Deep Carbon Cycle Workshop in Washington, DC. At that meeting 110 scientists from a dozen countries set forth the state of knowledge about Earth's carbon. They also debated the key opportunities and top objectives facing the community. Subsequent deep carbon meetings in Beijing, China (2010), Novosibirsk, Russia (2011), and Washington, DC (2012), as well as more

than a dozen smaller workshops, expanded and refined the DCO's decadal goals. The 20 chapters that follow elaborate on those opportunities and objectives.

## **International Journal of Human Nutrition and Functional Medicine**

International Journal of Human Nutrition and Functional Medicine is a peer-reviewed evidence-based publication produced periodically in print and/or digital formats, available as pay-per-issue, open access (free), or as a membership benefit (included or discounted), in English and/or other languages. As the title of the journal indicates, the focus of the journal is human nutrition (i.e., we publish only human-referent information, not animal studies), and functional medicine, a broad clinical and conceptual discipline that seeks to protect, restore, and optimize human health by appreciating human physiology's systems biology construct and thus the necessity of addressing the totality of factors that influence health and disease outcomes in the psyche and soma of individual patients as well as the social corpus of local and international groups of persons. The journal is dynamic and adaptive; updated information about the journal is available on-line at the website [www.NutritionAndFunctionalMedicine.org](http://www.NutritionAndFunctionalMedicine.org).

## **Naturopathic Rheumatology and Integrative Inflammolgy V3.5**

Naturopathic Rheumatology and Integrative Inflammolgy-Edition 3.5 combines the recently updated Functional Inflammolgy and Dr Vasquez's previous Integrative Rheumatology into a new colorized updated textbook of 900 pages. NOW REPLACED BY EXPANDED 4TH EDITION IN 2016 -- please see \"Inflammation Mastery, 4th Edition\" ISBN 0990620484 / 978099062048

## **Fibromyalgia in a Nutshell**

This book has been replaced by \"Pain Revolution for Migraine and Fibromyalgia: The Paradigm-Shifting Guide for Doctors and Patients Dealing with Chronic Pain\" ISBN: 978-1522951001 & 1522951008 A complex condition deciphered based on published (and often overlooked) research-the hope for cure for millions of people who have suffered far too long! Updated in 2014 and summarizing research presented in throughout the United States and Europe, \"Fibromyalgia in a Nutshell\" is an excerpt from two of Dr Vasquez's recent books for doctors: \"Migraine Headaches, Hypothyroidism, and Fibromyalgia\" and \"Integrative Orthopedics-Third Edition.\" This edition of the information has been completely reviewed and revised for easier reading by the general public; doctors and patients alike will find this information clinically accurate as well as therapeutically applicable for daily use. Most recently, this information has been expanded in greater detail in Dr Vasquez's Rheumatology

textbook, currently Naturopathic Rheumatology v3.5 (ISBN:978-0990620426); updates and current books are listed at [InflammationMastery.com](http://InflammationMastery.com). Please note that the digital version of this book was updated in March 2015 and contains a few updated diagrams plus links to videos, direct video access, and discount codes for the larger textbooks.

## **Pain Revolution for Migraine and Fibromyalgia (Discounted Printing)**

**DISCOUNTED GRAYSCALE PRINTING:** Complete protocol available in print (ISBN 1522951008) and digital (ASIN B01AR3NX0S); migraine-only digital (ASIN B01AS15XZW) and fibromyalgia-only digital (ASIN B01AS1ZKPA). **PURPOSE & AUDIENCE:** This book is written to provide essential information to doctors and patients dealing with chronic pain generally, migraine and fibromyalgia specifically. The information is also relevant for cluster headache, myofascial pain syndrome, and complex regional pain syndrome. With hundreds of citations to the biomedical research literature, this book provides unique insights into the causes of and solutions for migraine and fibromyalgia as prototypic pain disorders chiefly characterised by central sensitization, glial activation, and mitochondrial dysfunction. Clinicians and patients alike will gain insights that are immediately applicable for the treatment of these conditions. Importantly, the focus of Dr Vasquez's Functional Inflammation Protocol is to skillfully address -in a structured manner- the underlying causes of pain and inflammation, not simply to alleviate pain/inflammation via drug dependency. This book details the pathophysiology and essential treatment components; additional explanations and updates are provided via video lectures and tutorials. **DIGITAL:** Ebook version will be published in January 2016. **ABOUT THIS BOOK:** This book is an excerpt from Chapter 5 of Dr Vasquez's most recent 1,180-page textbook, *Inflammation Mastery*, 4th Edition (2016). The information in this book has been developed over many years starting from Dr Vasquez's teaching notes in Orthopedics and Rheumatology in 2000 and 2001, then in *Integrative Orthopedics* (2004, 2012), *Musculoskeletal Pain: Expanded Clinical Strategies* (Institute for Functional Medicine, 2008), *Functional Medicine Rheumatology* (2014), and *Human Microbiome and Dysbiosis in Clinical Disease* (2015).

## **Younger You**

Based on the groundbreaking study that shaved three years off a subjects' age in just eight weeks, discover a proven, accessible plan to prevent diseases and reduce your biological age. It's true: getting older is inevitable and your chronological age can only move in one direction. But you also have a biological age, which scientists can measure by assessing how your genes are expressed through epigenetics. Exciting new research shows that your bio age can actually move in reverse—and Dr. Kara



Fitzgerald's groundbreaking, rigorous clinical trial proved it's possible. By eating delicious foods and establishing common-sense lifestyle practices that positively influence genetic expression, study participants reduced their bio age by just over three years in only eight weeks! Now Dr. Fitzgerald shares the diet and lifestyle plan that shows you how to influence your epigenetics for a younger you. In *Younger You* you'll learn: It's not your genetics that determines your age and level of health, it's your epigenetics How DNA methylation powerfully influences your epigenetic expression The foods and lifestyle choices that most affect DNA methylation Simple swaps to your daily routines that will add years to your life The full eating and lifestyle program, with recipes and meal plans, to reduce your bio age and increase vitality How to take care of your epigenetic expression at every life stage, from infancy through midlife and your later decades We don't have to accept a descent into disease and unwellness as we age as inevitable: when you reduce bio age you reduce your odds of developing all the major diseases, including diabetes, cancer, and dementia. With assessment tools for determining your bio age, recipes, and plans for putting it all into practice, *Younger You* helps you repair years of damage, ward off chronic disease, and optimize your health—for years to come.

## **Mitochondrial Nutrition and Endoplasmic Reticulum Stress in Primary Care, Second**

"Mitochondrial Nutrition & Mitochondrial Medicine for Primary Care Conditions" is now updated and expanded to 466 colorized pages as "Mitochondrial Nutrition and Endoplasmic Reticulum Stress in Primary Care, 2nd Edition"; this revision—published in full-color, with additional video access, and expanded and more detailed clinical protocols—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 inflammomology 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 Inflammomology Protocol and FINDSEX® acronym. Post-publication updates to this information and important social and clinical contextualization are contained in the accompanying videos—hyperlinks and passwords are provided via websites and newsletters as described within the textbook. Dr Vasquez describes “the new mitochondrial medicine” in an insightful and paradigm-shifting editorial published in

## **Integrative Rheumatology**

Integrative Rheumatology offers a new and much-needed perspective in disease and symptom management, blending conventional medicine with alternative approaches not typically included in a Western medical practice. While conventional treatments can provide considerable symptomatic relief and can even slow the progression of many rheumatologic conditions, integrative treatment incorporating lifestyle interventions, mind-body approaches, and practices such as acupuncture and meditation into conventional medical therapies can improve quality of life, reduce medication dosages, and are generally better tolerated. In this book, researchers and clinicians highlight specific gaps in conventional rheumatologic care and examine how alternative approaches may be ideally suited to address these missed opportunities. Here, the authors introduce topics not typically addressed in conventional rheumatology texts, including nutritional therapies, exercise, herbal medicine, mind/body approaches, Ayurveda, and energy medicine. The contributors, all of whom have a background in academic medicine, share the approaches that they have found most effective in their own practices, basing their work on the best scientific evidence available. Ultimately, an understanding of complementary and alternative approaches to healing can help clinicians care for their patients using the best proven therapies to modify disease progress and relieve pain and disability.

## **Integrative Orthopedics**

The fully updated Second Edition of this successful resource provides comprehensive guidance on cutaneous manifestations of rheumatic disorders that concurrently affect the skin and musculoskeletal system. The book combines the elements of a color atlas with a comprehensive review of rheumatic disease, and focuses on the dermatologic appearance and how the skin changes correlate to the underlying disease process. Book jacket.

## **Cutaneous Manifestations of Rheumatic Diseases**

While much progress has been made on achieving the Millenium Development Goals over the last decade, the number and complexity of global health challenges has persisted. Growing forces for globalization have increased the interconnectedness of the world and our interdependency on other countries, economies, and cultures. Monumental growth in international travel and trade have brought improved access to goods and services for many, but also carry ongoing and ever-present threats of zoonotic spillover and infectious disease outbreaks that threaten all. Global Health and

the Future Role of the United States identifies global health priorities in light of current and emerging world threats. This report assesses the current global health landscape and how challenges, actions, and players have evolved over the last decade across a wide range of issues, and provides recommendations on how to increase responsiveness, coordination, and efficiency â€" both within the U.S. government and across the global health field.

## **Global Health and the Future Role of the United States**

Conference Presentation Slides from Dr Loren Cordain and Dr Alex Vasquez  
(exclusively for uws mshnm students)

## **Conference Presentation Slides from Dr Loren Cordain and Dr Alex Vasquez**

Advances in genetics and genomics are transforming medical practice, resulting in a dramatic growth of genetic testing in the health care system. The rapid development of new technologies, however, has also brought challenges, including the need for rigorous evaluation of the validity and utility of genetic tests, questions regarding the best ways to incorporate them into medical practice, and how to weigh their cost against potential short- and long-term benefits. As the availability of genetic tests increases so do concerns about the achievement of meaningful improvements in clinical outcomes, costs of testing, and the potential for accentuating medical care inequality. Given the rapid pace in the development of genetic tests and new testing technologies, An Evidence Framework for Genetic Testing seeks to advance the development of an adequate evidence base for genetic tests to improve patient care and treatment. Additionally, this report recommends a framework for decision-making regarding the use of genetic tests in clinical care.

## **An Evidence Framework for Genetic Testing**

For decades, Dr. Jeffrey Bland has been on the cutting edge of Functional Medicine, which seeks to pinpoint and prevent the cause of illness, rather than treat its symptoms. Managing chronic diseases accounts for three quarters of our total healthcare costs, because we're masking these illnesses with pills and temporary treatments, rather than addressing their underlying causes, he argues. Worse, only treating symptoms leads us down the path of further illness. In *The Disease Delusion*, Dr. Bland explains what Functional Medicine is and what it can do for you. While advances in modern science have nearly doubled our lifespans in only four generations, our quality of life has not reached its full potential. Outlining the reasons why we suffer chronic diseases from asthma and diabetes to obesity, arthritis and

cancer to a host of other ailments, Dr. Bland offers achievable, science-based solutions that can alleviate these common conditions and offers a roadmap for a lifetime of wellness.

## **Clinical Nutrition**

"Assessments and therapeutic approaches using integrative chiropractic, naturopathic, osteopathic, and functional medicine"--Cover.

## **Biochemical Individuality**

While medical professionals continue to practice traditional allopathic medicine, the public has turned toward nutritional and integrative medical therapies, especially for addressing the proliferation of chronic diseases. Written by leaders in the academic and scientific world, *Nutrition and Integrative Medicine: A Primer for Clinicians* presents various modalities to help restore health. This book provides users with a guide to evaluating and recommending nutritional and integrative therapies. The book offers insights on the microbiome of the human body, examines the relationship of human health to the microbiome of the food we ingest, and introduces the concept of "food as information." It provides enlightenment on anti-aging and healing modalities, mind-body medicine, and an investigation of psychological trauma as related to disease causation. Integrative therapies, including water, light, and sound therapy, are explored, and information on healing chronic disease through nutrition, the tooth-body connection, the role of toxins in disease causation, and electromagnetic field hypersensitivity, as well as its management, is presented.

## **The Disease Delusion**

Available in print and digital formats, "Hypothyroidism and Hashimoto's Disease in a Nutshell" is an excerpt from the 700-page textbook "Functional Inflammation, Volume 1" made available in this shorter version to increase access to doctors and patients who are confronted with the challenges of dealing with hypothyroidism and autoimmune thyroiditis. For further discussion and updates, please see [InflammationMastery.com](http://InflammationMastery.com) and [vimeo.com/drvasquez](https://vimeo.com/drvasquez).

## **Migraine Headaches, Hypothyroidism, and Fibromyalgia**

You'll find the latest on healthcare policy and financing, infectious diseases, chronic disease, and disease prevention technology.

## **Nutrition and Integrative Medicine**

## Hypothyroidism and Hashimoto's Disease in a Nutshell

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