

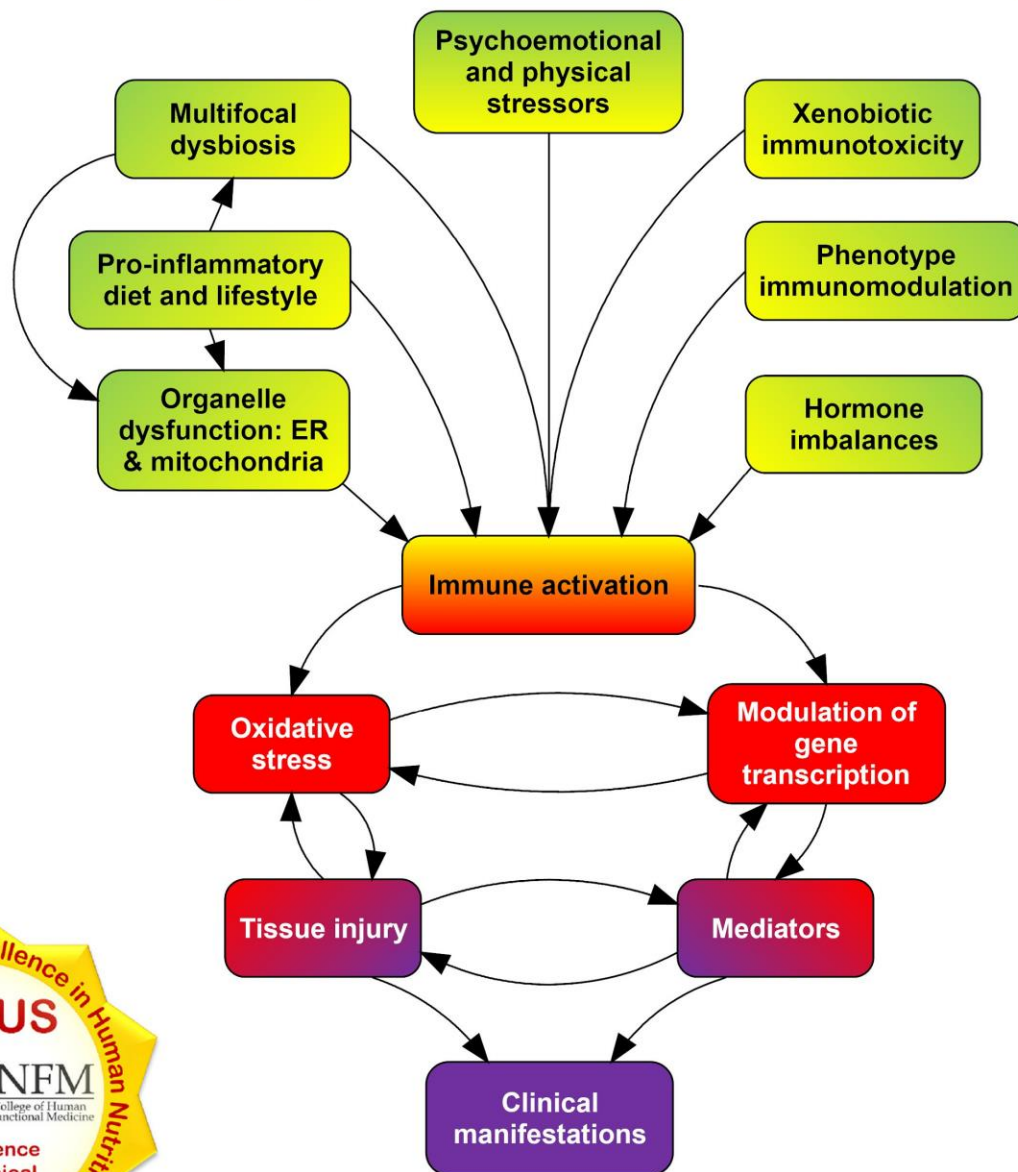
INFLAMMATION MASTERY

4TH EDITION

CLINICAL NUTRITION, FUNCTIONAL MEDICINE, MITOCHONDRIAL DYSFUNCTION, MICROBIOME & DYSBIOSIS, FUNCTIONAL INFLAMMOLOGY, PAIN MANAGEMENT, INTEGRATIVE RHEUMATOLOGY, NUTRITIONAL IMMUNOMODULATION, IMMUNONUTRITION & ANTIVIRAL STRATEGIES

The Colorful and Definitive Guide Toward Health and Vitality
and away from the Boredom, Risks, Costs, and Inefficacy of
Endless Analgesia, Immunosuppression, and Polypharmacy

3-Part Learning System of Text, Illustrations, and Video



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INTERNATIONAL COLLEGE OF HUMAN NUTRITION AND FUNCTIONAL MEDICINE

- Spirituality (S) and religiosity (R) correlate with dietary practices, intake of fruits and vegetables (*Evid Based Complement Alternat Med* 2013³⁰): "Overall, the denominational studies showed that religious denomination is significantly related to fruit, vegetable, and fat intake. Specifically, the Adventists consumed more fruit and vegetable and less fat than non-Adventists. However, the relationship between the degree of R/S and dietary intake is mixed."
- Silliness: Even the most intellectually robust of us need simple fun now and again; per the famous 1985 essay by Bob Black aptly titled and freely available *The Abolition of Work*, "It does mean creating a new way of life based on play; in other words, a *ludic* conviviality, commensality, and maybe even art. There is more to play than child's play, as worthy as that is. I call for a collective adventure in generalized joy and freely interdependent exuberance. Play isn't passive. Doubtless we all need a lot more time for sheer sloth and slack than we ever enjoy now, regardless of income or occupation, but once recovered from employment-induced exhaustion nearly all of us want to act. ...You may be wondering if I'm joking or serious. I'm joking *and* serious. To be ludic is not to be ludicrous. Play doesn't have to be frivolous, although frivolity isn't triviality: very often we ought to take frivolity seriously. I'd like life to be a game -- but a game with high stakes. ... Such is "work." Play is just the opposite. Play is always voluntary. What might otherwise be play is work if it's forced. This is axiomatic. Bernie de Koven has **defined play as the "suspension of consequences."** This is unacceptable if it implies that play is inconsequential. The point is not that play is without consequences. This is to demean play. The point is that the consequences, if any, are gratuitous. Playing and giving are closely related, they are the behavioral and transactional facets of the same impulse, the play-instinct. They share an aristocratic disdain for results. The **player gets something out of playing; that's why he plays. But the core reward is the experience of the activity itself** (whatever it is). ... There are many good games (chess, baseball, Monopoly, bridge) which are rule-governed but there is much more to play than game-playing. Conversation, sex, dancing, travel: these practices aren't rule-governed but they are surely play if anything is. And rules can be *played with* at least as readily as anything else."
- Stamp your passport: Conscious and periodic implementation of *geographic cure* is reasonable and is a great way to renew, recharge, and see amazing things in the world that are inspiring for our lives. **Importantly, vacation/travel allows us to get completely out of our ruts and vicious cycles of thought and behavior to see ourselves and life anew.**

Recreation is Re-creation

"Truth, however, must meet with opposition and be able to fight, and we must be able to rest from it at times in falsehood otherwise truth will grow tiresome, powerless, and insipid, and will render us equally so."

Friedrich Nietzsche, Daybreak, #507

"Take a break from the work before the work breaks you."

Hernando Vasquez

"I should mention that a purposeful, self-disciplined life does not mean a life without time or space for rest, relaxation, recreation, random or even frivolous activity. It merely means that such activities are chosen consciously, with the knowledge that it is safe and appropriate to engage in them. And in any event, the temporary abandonment of purpose also serves a purpose, whether consciously intended or not: that of regeneration."

Nathaniel Branden, Six Pillars of Self-Esteem

When was the last time you had real (healthy [nonescapist, nonselfharmful, nonintoxicated]) fun?

³⁰ Tan et al. Religiosity and Spirituality and the Intake of Fruit, Vegetable, and Fat: A Systematic Review. *Evid Based Complement Alternat Med*. 2013;2013:146214

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.

Inflammation Mastery 4th Edition combines the recently updated **Functional Inflammolgy** and Dr Vasquez's previous **Integrative Rheumatology** into a new colorized updated textbook of almost 1,200 pages. This work 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 and biologics.

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** (2004/2012), **Integrative Rheumatology** (2006/2014), **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 110 letters and articles for professional magazines and medical journals such as *British Medical Journal* (BMJ), *TheLancet.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 has lectured worldwide to healthcare professionals and provides expert consultations to physicians and patients internationally. All of DrV's books are available on **Amazon.com** with videos at **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** with select videos available at **Vimeo.com/ICHNFM**), the organization is also now established in Europe (Spain) with several important publications also generated from 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 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*® (**IntJHumNutrFuncMed.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.

Family Medicine
Functional Medicine
Integrative Medicine
Internal Medicine
Pain Management
Preventive Medicine
Rheumatology

This textbook is distributed via the International College of Human Nutrition and Functional Medicine based in Spain and United States: **NutritionAndFunctionalMedicine.org** and **ICHNFM.ORG**

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 20 hours of video presentations and teaching
- ◆ **Chapter 5: Clinical Applications of DrV's Functional Inflammolgy Protocol**
 - ◆ Hypertension
 - ◆ Diabetes Mellitus
 - ◆ Migraine & Headaches
 - ◆ Fibromyalgia
 - ◆ Allergic Inflammation
 - ◆ Rheumatoid Arthritis
 - ◆ Psoriasis and Psoriatic Arthritis
 - ◆ Systemic Lupus Erythematosus
 - ◆ Scleroderma & Systemic Sclerosis
 - ◆ Vasculitic Diseases
 - ◆ Spondyloarthropathies & Reactive Arthritis
 - ◆ Sjögren Syndrome/Disease
 - ◆ Raynaud's Syndrome/Phenomenon/Disorder
 - ◆ Clinical Notes on Additional Conditions: Behçet's Disease, Sarcoidosis, Dermatomyositis and Polymyositis
- ◆ **Index and Appendix**

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