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# Textbook Of Clinical Nutrition And Functional Medicine, Vol. 1: Essential Knowledge For Safe Action And Effective Treatment (Inflammation Mastery & Functional Inflammomology)



## Synopsis

"Textbook of Clinical Nutrition and Functional Medicine, Volume 1: Essential Knowledge for Safe Action and Effective Treatment" (2016) updates and extends the previous Inflammation Mastery / Functional Inflammation, Volume 1 (2014); this 2-volume work is also published in the single volume of "Inflammation Mastery 4th Edition" (2016). 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 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--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.

## Book Information

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## Customer Reviews

"Alex is the master of painful conditions and metabolic treatments." Public comment by an award-winning neurosurgeon and functional medicine practitioner, 2016 "I love this course and your approach to the material. I am learning so much. Each article you assigned was strategically chosen and offered support and insight. I was pleasantly surprised by the exam and thought it was very fair.

... Thank you for sharing your knowledge and experience with us!" Doctorate Student under Dr Vasquez, 2016 "I appreciate the lecture yesterday and I am truly fascinated by your topic and your vast knowledge. ... I for one feel having people like you on our faculty can only strengthen the credibility of our school. ... I appreciate your education, knowledge and clearly you are the authority in your field. I have listened to all your lectures on YouTube - fantastic!" University Faculty and Doctorate Student under Dr Vasquez, 2016 "Thank you most kindly for your incredible dedication and kindness in sharing your knowledge with us. I am due to start med school next semester and thanks to you and all those who have taught you, I'll be way ahead of the curve."

Premedical/Medical student 2015 "Dr Vasquez, I have followed your work extensively and admire your intellect and passion. Thank you for your passion for teaching with integrity!" Chiropractic doctor 2015 2014 review of Functional Inflammalogy, Volume 1: "A truly comprehensive text on the vast subject of inflammation. I consider this book to be an essential addition to any health care practitioner who wishes to operate within the realm of Function Medicine. Please be aware that this book is dense in its content, and its 700 plus pages are full of deeply insightful information. I think Dr. Vasquez is one of the most prolific functional medicine contributors and books such as this should cement his reputation as such."

Simply put, this is the most comprehensive book on Functional Medicine out there. It is mind boggling in it's scope and sets the new standard for integrative medicine books. It extensively covers physical assessment and patient examination in a easy to understand format. The depth of blood work interpretation from a functional perspective is unsurpassed. Over 100 pages are devoted to establishing a system of care based on wellness promotion and foundational concepts like diet, nutrition, psycoemotional and social health, exercise and musculoskeletal care, every bit of it practical and incredibly well referenced. The following 700 pages are devoted to identifying the modifiable factors in chronic inflammation and developing effective treatment protocols for the most complicated of diseases, including multiple autoimmune conditions, fibromyalgia, migraines and diabetes. In short, the level of information in this book surpasses that found in FM training courses that cost 100 times as much. You won't be putting this book on your bookshelf, it will find it's rightfully deserved place on your desk for easy referencing.

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