



Inflammation and Autoimmune Solutions: Seven Keys of the Updated FINDSEX Protoco: Second Edition in Color

Alex Vasquez

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Following the update and expansion of the 700-page Functional Inflammolgy, Volume 1 (August 2014; ISBN: 9780990620402), the previously published F.I.N.D.S.E.X.—The Easily Remembered Acronym for the Functional Inflammolgy 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.® Functional Inflammolgy 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 inflammolgy 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 Inflammolgy 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. 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 Medicine*.

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