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# Brain Inflammation In Chronic Pain, Migraine And Fibromyalgia: The Paradigm-Shifting Guide For Doctors And Patients Dealing With Chronic Pain (Inflammation Mastery & Functional Inflammology)



## Synopsis

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. 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 Vasquezâ™s Functional Inflammology Protocol is to skillfully address "in a structured mannerâ" 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 Vasquezâ™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 Vasquezâ™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).

## Book Information

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Great information needed for us people trying to help the public stay healthy and make better choices.

This book as very informative but not an easy read.

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