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# Foundational Assessments and Wellness Promotion in Integrative Chiropractic and Functional Medicine: Essential Concepts in Patient Assessment, ... Nutritional and Lifestyle Interventions

Alex Vasquez

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## FOUNDATIONAL ASSESSMENTS AND WELLNESS PROMOTION IN INTEGRATIVE CHIROPRACTIC AND FUNCTIONAL MEDICINE

Essential Concepts in Patient Assessment,  
Laboratory Interpretation, and  
Evidence-Based Nutritional and Lifestyle Interventions

*The art of co-creating wellness  
while effectively managing  
common health disorders*

DR. ALEX VASQUEZ



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This book has been replaced in 2014 with "Chiropractic Patient Assessment, Laboratory Interpretation, and Risk Management: Introduction to Inflammation Mastery and Functional Inflammation" by Alex Vasquez [ISBN-13: 978-1500686376, ISBN-10: 1500686379]

About the Author About the Presenter and Author: 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 (2012), Integrative Rheumatology (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), and Mitochondrial Nutrition and Mitochondrial Medicine for Primary Care Conditions (2014). "DrV" has also written more than 100 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), 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 lectures worldwide to healthcare professionals and provides expert consultations to physicians and patients internationally. Dr Vasquez is the Chief Editor of International Journal of Human Nutrition and Functional Medicine (Int J Hum Nutr Funct Med .ORG) , and he helps moderate the nutrition and functional medicine forum at NutritionAndFunctionalMedicine.org/edu. A description of Dr Vasquez's other projects, books, audios, and videos is updated at his website InflammationMastery.com with patient consultation information located at HealGrowThriveMedicine.com. All of DrV's books are available on .com with videos at Vimeo.com/DrVasquez and audio recordings of lectures at iTunes. Interested readers should be aware that all of Dr Vasquezs books are currently being reformatted and updated for full-color printing with presentation slides and accompanying videos starting with Functional Inflammation Volume 1 in 2014; see FunctionalInflammation.com.