



# **Brain Inflammation in Chronic Pain, Migraine and Fibromyalgia: The Paradigm-Shifting Guide for Doctors and Patients Dealing with Chronic Pain (Inflammation Mastery)**

*Alex Vasquez*

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This version (grayscale) was previously published as Pain Revolution (full color). This update provides the text of Dr Vasquez's recent publication in Nature Reviews Rheumatology (March 3, 2016) titled "Neuroinflammation in fibromyalgia and CRPS is multifactorial", and the cover image emphasizes the importance of the brain inflammation that underlies the "central sensitization" which makes the brain more sensitive to pain. Complete protocol available in print (full-color, ISBN 1522951008) and digital (ASIN B01AR3NX0S); migraine-only digital (ASIN B01AS15XZW) and fibromyalgia-only digital (ASIN B01AS1ZKPA). 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 characterised 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 Vasquez's Functional Inflammation Protocol is to skillfully address—in a structured manner—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 Vasquez'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 Vasquez'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).

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