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# High Blood Pressure And Chronic Hypertension Treatment With Nutrition, Integrative Medicine, And Functional Medicine

## **HIGH BLOOD PRESSURE AND CHRONIC HYPERTENSION TREATMENT WITH NUTRITION, INTEGRATIVE MEDICINE, AND FUNCTIONAL MEDICINE**

Dietary, Nutritional, Botanical, Surgical, and Manipulative Therapeutics  
with Concepts, Perspectives, Algorithms, and Protocols for the Safe  
and Effective Management of Chronic High Blood Pressure

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

**DR. ALEX VASQUEZ**



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Forewords by

Dr Joseph Brimhall, President, University of Western States  
Dr David Jones, President, Institute for Functional Medicine



## Synopsis

“High Blood Pressure and Chronic Hypertension Treatment with Nutrition, Integrative Medicine, and Functional Medicine” is a digital excerpt from the paper-print textbook “Integrative Medicine and Functional Medicine for Chronic Hypertension”. These books review with excellent detail the various options (the four main diet patterns, nutritional supplements, botanical medicines, surgical approaches, chiropractic adjustments, osteopathic manipulation, and others) that are available for the treatment of high blood pressure. Numerous diagrams, photographs, and citations to research are provided. Dr Alex Vasquez is uniquely qualified to be the author of this book because he is the only clinician to have achieved three separate doctorate degrees from fully-accredited American universities in three separate healthcare professions: Doctor of Chiropractic, University of Western States (March 1996), Doctor of Naturopathic Medicine, Bastyr University (September 1999), Doctor of Osteopathic Medicine, University of North Texas Health Science Center (May 2010). Dr Vasquez lectures internationally to doctors, maintains a private practice in Portland Oregon, and continues to write books and articles for professionals and for the general public.

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