

## Basic Nutrition ~ 6 Hours

Outline ~ Presented by Shirley Watson DC, QRA, DACBN, QME

- ◆ Basic terms pertaining to theories and procedures as they apply to health and healing
- ◆ Philosophy and history of nutrition as a healing modality
- ◆ Diagnosing with O-ring testing
- ◆ Lifestyle choices for health
  1. Food
  2. Supplements
  3. Hydration
  4. Rest
  5. Beliefs/stress
  6. Relationships
- ◆ Basic detox procedures :
  - Coffee Enemas
  - Gall bladder flush
  - Castor oil packs
  - PH testing
- ◆ Dental in health
- ◆ Labs and lab tests
- ◆ Resources

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Learning Objectives~ Presented by Shirley Watson DC, DACBN, QRA, QME

1. To familiarize doctors with terms as they relate to nutrition and health.
2. Present the latest research/philosophies and theories on health and healing.
3. Instruct doctors in O-ring testing and research, as a tool to determine the nutritional needs of the patient.
4. Introduce nutritional dietary and lifestyle changes necessary to assist their patients in achieving optimal health
5. Introduce basic detoxification modalities to take back to the office and implement immediately with their patients.
6. Inform doctors of the role dental health plays in over-all health: testing materials and nutritional protocols to achieve optimal dental health.
7. Introduce the basic labs and lab tests they may order to determine the nutritional needs of their patients ie., stool testing, neuro-endocrine testing, parasite testing and how to interpret them.
8. Patient management skills.

Hours 1-2 Topic: Terms and philosophy and o-ring testing

Hours -3-4.5 Topic: Lifestyle changes

Hours 5-6 Topic: Dental health, labs and patient management.