

Nutrition ~ 6 Hours
 Learning Objectives
 Presented by: Mark Emerson, DC, CCSP
 Live in Northern California & Online

1. To be aware of the dietary and nutritional status of our country as a whole and how it will effect the type of patients coming into our offices. To provide patients with information and strategies to make healthy dietary and lifestyle choices and how chiropractic is an integral part of that decision.
2. To inform chiropractors of the adverse effects of the Standard American Diet (SAD) and their role in patient education for the benefit of the patients overall health and life.
3. A comprehensive review of the most current medical literature relating to dietary induced pathology, dietary benefits for certain conditions and the current positions of the leading health experts in the field of nutritional science.
4. How to incorporate quick and effective physical exam tests for the detection of inflammation, hypertension, coronary artery disease and digestive dysfunction. Review of comprehensive blood panels relating to the dietary status of the patient.
5. How to implement the use of dietary assessment protocols and appropriate nutritional recommendations for the individual patient by the chiropractor in daily practice. Rational as to how and why this relates to chiropractic practice and the health management of the patient. How to convey in understandable terms to the patient, the physiological effects of appropriate dietary choices and how it benefits the patient's overall health and life.

Time	Topic
Hour 1-2 Nutrition	<ul style="list-style-type: none"> ➤ The role of proper nutrition to sustain health. Misconceptions of human dietary needs. ➤ Acute Injury vs. Chronic Condition; Nutritional considerations. Chronic Inflammation: The root cause of the disease process. How chronic inflammation occurs. How to assess the patient for chronic inflammation. KensingTape procedures for inflammation to facilitate the efficacy of the chiropractic adjustment.
Hour 3-4 Nutrition	<ul style="list-style-type: none"> ➤ Common patient presentations seen in practice and how to manage with nutrients: Obesity and Weight gain, Digestion, Diabetes Type II, Cardiovascular, Renal and Urinary Bladder, Male and Female Issues.
Nutrition Hour 5	<ul style="list-style-type: none"> ➤ Blood Chemistry Findings ➤ Blood lab interpretation relating to nutritional deficiencies. ➤ Clinical nutritional intervention based upon Lab and physical exam findings.
Hour 6 Nutrition	<ul style="list-style-type: none"> ➤ Presentation of the most current medical literature regarding nutritional science and disease.