

# Nutrition ~ 4 Hours

## John Campise DC

### Learning Objectives

1. Review common dietary patterns doctors may see in practice (vegan, vegetarian, Paleo) and identify the inherent nutrient deficiencies that may accompany those diets.
2. Familiarize attendees with objective measurements of nutrient status including diet logs, and physical signs that can be observed in the office.
3. Address basic blood panels relating to the dietary status of the patient as well as appropriate recommendations.
4. Review relevant nutritional research studies regarding dietary induced pathology, dietary benefits for certain conditions and the current positions of the leading health experts in the field of nutritional science.
5. Appropriate nutritional recommendations based on the history and exam for three common conditions: sleep disturbance, indigestion and bowel irregularity.
6. Introduce patient management skills to increase compliance with recommendations.

<b>Time</b>	<b>Topic</b>
Hour 1 - 2	How nutrition is relevant to the chiropractic patient. Nutrient deficiencies associated with common dietary patterns such vegetarian, Paleo, Standard American Diet and skipping meals. Symptoms of nutrient deficiencies that can mimic symptoms of subluxation – fatigue, headaches, PMS, TOS, paresthesia, joint pain, constipation, heartburn, indigestion.
Hour 3	Using and interpreting dietary assessment tools. Physical signs of deficiency. Basic blood chemistry: assessing inflammation, 3 types of anemia, high blood sugar, cholesterol, Vit D, thyroid, liver enzymes. Nutritional recommendation based on common history, exam and lab findings.
Hour 4	Review of literature and how to discuss with patient. The benefits and drawback of carrying in-house inventory versus over-the-counter. Strategies for improving patient compliance.