

Nutrition: GI Disorders 101 ~ 6 Hrs
Back to Chiropractic CE Seminars
Douglas Weed, DC

Course Objectives

- Introduce doctors to the philosophy and methodology of a natural approach to non-pathological GI complaints
- Educate physicians on a top-down methodology to assessing common GI problems
- Provide doctors with an integrated approach to evaluating common GI disorders
- Discuss currently available advanced testing currently available for common GI complaints
- Integrate assessment with recommendations that doctors may easily implement

Course Outline

Hour 1-2

Understanding Complex, Chronic Digestive Problems in the modern world,

Physiology of Digestion. The course takes a top-down approach, mirroring the GI tract itself.

- i. Stomach
- ii. Small Intestine
- iii. Liver-Gall Bladder
- iv. Colon

Digestive Assessment Questionnaire

Hour 3-4

The Importance of Stomach Acid, Hypo and Hyperchlorhydria

- v. Lab Markers for Hypochlorhydria
- vi. Heidelberg Gastric pH Analysis Tests Graphs
 1. Achlorhydria
 2. Obvious Hypochlorhydria
 3. Hidden Hypochlorhydria
 4. Hyperchlorhydria
- vii. Appropriate Nutritional Recommendations

Hour 5

In-Office Lab Tests

- viii. Salivary pH
- ix. Urinalysis
 1. Indican test
 2. Sediments
 3. Specific Gravity
 4. Calcium
 5. Vitamin C test
 6. Adrenal Stress test

Hour 6

Interpretation of Routine Labs relating to the GI Tract: CBC, WBC, Eosinophils, Total Protein / Globulins, BUN, Phosphorus, Thyroid, Cortisol, C-RP & ESR, ANA, Amylase / Lipase