

# Nutrition: Neurotransmitters and SNPs ~ Back to Chiropractic CE Seminars

Online 6 hours ~ Shirley Watson, DC

## Learning Objectives:

1. Neurological saliva testing for:
  - A. Anxiety
  - B. Sleep disorders
  - C. Emotional disorders
  - D. Hormones
2. Review history to determine if testing is necessary.
  - A. Pertinent questions to ask patients.
3. Interpretation of test results/ranges:
  - A. All pertinent neurotransmitter and Amino acid results
    1. Serotonin
    2. Epinephrine
    3. Nor epinephrine
    4. DOPA
    5. 5-HIAA
    6. Taurine
    7. Glycine
    8. Gluamate
    9. Histamine
    10. PEA
    11. Dopamine
    12. DOPAC
    13. Cortisol
4. Review appropriate supplementation for support of abnormal findings:
  - A. What the nutrients are.
  - B. How they work.
5. On going management and retesting of patients.
6. Introduce SNPs (Single=nucleotide polymorphism)
  - A. Definition: A variation in a single nucleotide that occurs at a specific position in the genome.
  - B. Testing for SNPs.
  - C. Most common variations.
  - D. Supplementing for SNPs.

Time	Topic
Hour 1-2	Introduce neurotransmitter and Amino Acid testing as it pertains to patient symptoms.
Hour 3	Discuss what results of this testing may indicate based on values.
Hour 4-5	Discuss the supplemental support for each value tested and how it may support the resolution of symptoms.
Hour 6	Introduction to SNPs and nutritional support for same.