

Nutrition for DCs: Vitamin D, Omega 3 & Iodine ~ 6 Hrs
John Campise DC
Back To Chiropractic CE Seminars

Vitamin D ~ 2 Hrs

Learning Objectives: Understand the importance of Vitamin D to patient health and wellness and how to find and correct deficiency safely.

Hour One:

- Vitamin D testing, which test to order, what are the normal ranges.
- How to supplement properly with vitamin D.
- Alternatives to oral supplementation.
- Understand which patient groups are at high risk of being vitamin D insufficient.
- Know what symptoms to look for in the vitamin D insufficient patient.

Hour Two:

- Learn which conditions are made worse by vitamin D insufficiency.
- Review which diseases are caused by severe vitamin D deficiency.
- Biochemistry of vitamin D from UVB exposure in the skin to liver and kidney conversions.
- Discuss the overdose risks and other possible dangers of vitamin D supplementation.

Omega 3 ~ 2 Hrs

Learning Objectives: Understand the importance of Omega 3 to patient health and wellness and how to find and correct patient deficiency safely.

Hour Three:

- Omega 3 testing, which test to order, what are the normal ranges.
- How to supplement properly with omega 3.
- Dietary alternatives to oral supplementation.
- Understand which patient groups are at high risk of being omega 3 insufficient.
- Know what symptoms to look for in the omega 3 insufficient patient.

Hour Four:

- Learn which conditions are made worse by omega 3 insufficiency.
- Review several published studies and health conditions made worse by omega 3 deficiency.
- Biochemistry of omega 3 and the inflammatory consequences.
- Discuss the overdose risks and other possible dangers of omega 3 supplementation.

Iodine ~ 2 Hrs

Learning Objectives: Understand the importance of Iodine to patient health and wellness and how to find and correct deficiency safely.

Hour Five:

- Iodine testing, which test to order, what are the normal ranges.
- How to supplement properly with iodine.
- Alternatives to oral supplementation.
- Understand which patient groups are at high risk of being iodine insufficient.
- Know what symptoms to look for in the iodine insufficient patient.

Hour Six:

- Learn which conditions are made worse by iodine insufficiency.
- How to assess for autoimmune thyroid conditions prior to high dose iodine treatments
- How to lower thyroid antibodies prior to high dose iodine supplementation.
- Discuss the overdose risks and other possible dangers of iodine supplementation.