

Back To Chiropractic CE Seminars

Nutrition: Omega 3 ~ 2 Hours

- Presented by John B. Campise, D.C.-

Welcome to Back To Chiropractic Online CE exams:

This course counts toward your California Board of Chiropractic Examiners CE. (also accepted in other states, check our website or with your Chiropractic State Board). The California Board requires that you complete all of your CE hours **BEFORE** the end of your Birthday month. We recommend that you send your chiropractic license renewal form and fee in early to avoid any issues.

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5. Click on the Exam for the course you want to take. No passwords needed.
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7. Upon passing the exam you'll be able to immediately download your certificate, and it'll also be emailed to you. If you don't pass, you can repeat the exam at no charge.

Please retain the certificate for 4 years. If you get audited and lose your records, I'll have a copy.

I'm always a phone call away... 707.972.0047 or email: marcusstrutzdc@gmail.com -Marcus Strutz, DC, Back To Chiropractic CE Seminars

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John B. Campise, Doctor of Chiropractic

john@drjohnusa.com 559-285-4121 (Cell)

EDUCATION

- Doctor of Chiropractic, March 2001 – Life Chiropractic College West, Hayward, CA
- Undergrad 90 quarter hours, June 1997 – Santa Clara University, Santa Clara, CA

CHIROPRACTIC TECHNIQUE ADVANCED STUDY

- Neuro-Emotional Technique Certification, January 2006, Dr. Scott Walker, D.C., NET, Inc., Carlsbad, CA
- Applied Kinesiology Certification, May 1999, Tim Francis, D.C., ICAK USA, Sunnyvale, CA
- Carrick Institute Chiropractic Neurology Diplomate Course: 250 hours audited, May 1999

John B. Campise, Doctor of Chiropractic

CONFERENCE PRESENTATIONS

-Neuro-Emotional Technique “Success Seminars” 25th Anniversary. *24 hour clock acupuncture theory correlations to NET and homeopathic support of the chiropractic adjustment.*

CHIROPRACTIC PRACTICE

-Campise Chiropractic private practice, June 2001 - Present, Fresno, CA. General Practice with a focus on nutrition, wellness, and rehabilitation of traumatic brain injuries.

-Dr. Kotsonis, D.C., DACNB Chiropractic Office, Jan 2015 - Dec 2015, Clinton Township, MI. General practice with a focus on stroke rehabilitation. For 2 weeks every month Dr. Campise was trained by and filled in for Dr. Kotsonis while he recovered from lumbar spinal fusion surgery.

Legal Disclaimer



Please be advised that everything contained within this PowerPoint and/or within this lecture is not intended to be clinical advice, counseling or advice for any patient.

The examples contained herein are for the comprehension of nutrition/labs and is intended for nothing other than informative continuing education purposes.

All protocols herein should not be used until proper history, exam and special studies have been completed and assessed.

Nutrition: Omega 3 - 2 hrs

Definitions:

Deficiency: A state whereby the patient has such a low level of the nutrient in their body that it causes a disease state.

Insufficiency: A state whereby the patient does not have a frank nutrient deficiency disease, but has suboptimal levels of the nutrient in their body. Insufficient (suboptimal) levels of nutrients can cause various sets of symptoms or may aggravate existing conditions.

Omega 3





Omega 3: Testing



Blood test:

- The “omega 6 to omega 3” ratio (OmegaCheck TM) test is available from Quest.
- This test measures the percentage of omega 6 fatty acids and the percentage of omega 3 fatty acids in the blood and then divides the two to get a ratio.



Omega 3: Testing

Optimal ratio = less than 4.5:1 (primitive tribes with natural diets are between 3:1 and 1:1).

A ratio of 3:1 means that the blood has three times more omega 6 fatty acid than it does omega 3 fatty acid.





Omega 3: Testing



- A ratio of 1:1 means that there are equal amounts of omega 6 and omega 3 fatty acids in the blood.
- Average American = 15:1 or higher
- A ratio of 15:1 means that the blood has 15 times more omega 6 fatty acid than it does omega 3 fatty acid.



Omega 3: Testing



-It takes about 3 months to see a significant change on the blood test.

-If the patient's Omega Check test results are not good, have them increase their intake of omega 3 (and ideally lower their intake of omega 6) and then retest every 3 months until the desired ratio is reached.



Omega 3: Testing



Then test yearly to make sure they stay in the optimal range of less than 4.5:1.



Omega 3: How to Supplement

Loading Phase:

4,000 - 6,000 mg of “total omega 3” content
until the blood test comes into optimal range
(3-12 months)



Omega 3: How to Supplement

Maintenance Phase:

500 - 1500 mg of “total omega 3” daily
depending on need.



Omega 3: How to Supplement

-A 1000 mg capsule of fish oil will generally NOT have 1000 mg of “total omega 3” but more often 300-800 mg. Always study the label, don’t just go off the front of the bottle.



Omega 3: Alternatives to Fish Oil Supplementation

Loading phase:

Eat fresh wild caught fish and seafood 21 times weekly during the loading phase to bring 6:3 ratio down below 4.5.



Omega 3: Alternatives to Fish Oil Supplementation

Maintenance phase:

- Eat fresh wild caught fish and seafood 7 times per week for maintenance.
- Farmed fish and seafood may or may not have much omega 3 content. It depends on what the farmers feed the fish.



Omega 3: Alternatives to Fish Oil Supplementation

-The omega 3 in a fish comes from their natural diet up the food chain starting with algae. If the fish are fed mainly corn, wheat, and/or soy, they won't have much omega 3 in them.



Omega 3: Alternatives to Fish Oil Supplementation

-Flax seed oil and chia seed oil, among others, can be converted into omega 3 by the body, but not everyone can efficiently convert these vegetable sources (Inuit people, among others, can't convert flaxseed oil to omega 3).



Omega 3: Alternatives to Fish Oil Supplementation

-Algae oil has omega 3 in it, but Dr. Campise has found that it doesn't seem to clinically work at reducing symptoms of inflammation as quickly as fish oil does.



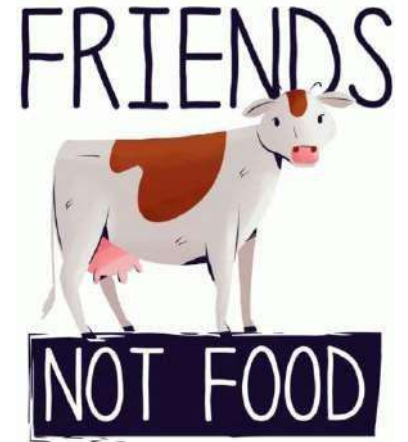
Omega 3: High Risk Patient Profile

Patients who eat:

Standard American Diet

OR

Vegan diet





Omega 3: Symptoms to Look For

Patients with any chronic inflammatory symptom, including:

joint pain

muscle pain

tendon pain

ligament pain

nerve pain



Omega 3: Conditions Caused by Insufficiency

A paper by Horrocks and Yeo in the journal Pharmacological Research
<https://pubmed.ncbi.nlm.nih.gov/10479465/>

From the abstract: “DHA has a positive effect on diseases such as **hypertension, arthritis, atherosclerosis, depression, adult-onset diabetes mellitus, myocardial infarction, thrombosis, and some cancers.**” (DHA is one form of omega 3 fatty acid)



Omega 3: Conditions Caused by Insufficiency

A paper by Grant and Guest in the journal Advances in Neurobiology
<https://pubmed.ncbi.nlm.nih.gov/27651257/>

From the abstract: “low omega-3 levels have been associated with CNS-linked disorders such as **poor cognition, depression, anxiety disorders, poor anger control, attention deficit hyperactivity disorder (ADHD) and accelerated neurodegeneration in the elderly.**”



Omega 3: Conditions Caused by Insufficiency

A paper by Chang, et. al. in the journal Neuropsychopharmacology
<https://pubmed.ncbi.nlm.nih.gov/28741625/>

From the abstract: “In summary, there is evidence that n-3 PUFAs supplementation monotherapy improves clinical symptoms and **cognitive performances in children and adolescents with ADHD**, and that these youth have a deficiency in n-3 PUFAs levels. Our findings provide further support to the rationale for using n-3 PUFAs as a treatment option for ADHD.” (n-3 PUFAs = omega 3 oils)



Omega 3: Conditions Caused by Insufficiency

A paper by Simopolous in the journal Biomed Pharmacotherapy
<https://pubmed.ncbi.nlm.nih.gov/12442909/>

From the abstract: “Excessive amounts of omega-6 polyunsaturated fatty acids (PUFA) and a very high omega-6/omega-3 ratio, as is found in today's Western diets, promote the pathogenesis of many diseases, including **cardiovascular disease, cancer, and inflammatory and autoimmune diseases**, whereas increased levels of omega-3 PUFA (a low omega-6/omega-3 ratio) exert suppressive effects.”



Omega 3: Conditions Caused by Insufficiency

A paper by DiNicolantonio and O'Keefe in the journal Nutrients
<https://pubmed.ncbi.nlm.nih.gov/32759851/>

From the abstract: “Evidence indicates that a low intake of marine omega-3s increases the risk for numerous mental health issues, including **Attention Deficit Hyperactivity Disorder (ADHD), autism, bipolar disorder, depression and suicidal ideation.**”



Omega 3: Conditions Caused by Insufficiency

A paper titled: “The potential of omega-3 fatty acids in the **prevention of non-melanoma skin cancer**” by Black and Rhodes in the journal Cancer Detection and Prevention <https://pubmed.ncbi.nlm.nih.gov/16872755/>

From the abstract: “Supplementary omega-3 FA significantly increases the UVR-mediated erythema threshold in humans. Supplementary omega-3 FA significantly reduces the level of pro-inflammatory and immunosuppressive PGE(2) levels in Ultraviolet B-irradiated human skin.”



Omega 3: Overdose Risk

-Omega 3 oils are mild natural blood thinners, so they are especially good for anyone with excess clotting issues.

-But for those taking blood thinning medication, you may have to work with the patient's prescribing medical doctor because they may have less of a need for the medication as you load their system with more omega 3.



Omega 3: Overdose Risk

- One sign of blood that is too thin is purple bruises on the skin, especially when the patient can't recall any significant injury at the bruise site.
- Generally, have the patient stop taking Omega 3 supplements several days prior to surgery and prior to giving birth. Restart the omega 3 supplements after any bleeding from the surgery or delivery has subsided.



Omega 3: Other Dangers

Warning:

-There are little to no standards set by the US Federal Government for fish oil supplements, unlike in the European Union, World Health Organization, and California. But even California and the EU don't require testing for oxidation or for radioactive iodine contamination.



Omega 3: Other Dangers

-Make sure that the manufacturer you recommend to patients has robust third party testing to ensure their fish oil has low levels of:

Heavy Metals, Oxidation, Dioxin, PCB's, Radioactive iodine

<https://www.nordicnaturals.com/images/pdfs/ChartTesting.pdf>



Omega 3: Other Dangers

Oxidation = Rancid

-Oxidation is what creates the extreme “fishy” smell of some fish oils on the market and also what causes people to burp up the oil later in the day or to complain of a “fishy” smell when they sweat.

-All of this is avoided with a high quality manufacturing process that prevents oxidation.



Omega 3: Other Dangers

-Dr. Campise's favorite high quality brand to recommend to patients is Nordic Naturals. They have a professional label that's only available to health care clinics.

Dr. Campise carries in his office:

Pro-omega 2000 for adults

DHA Junior for children.

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Marcus Strutz DC

Back To Chiropractic CE Seminars

marcusstrutzdc@gmail.com

707.972.0047