

Nutrition for DCs: 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 One:

- 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 Two:

- 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.