

Nutrition: The Thyroid ~ 6 hours

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Back To Chiropractic CE Seminars

Learning Objectives

1. Understanding Hypothalamic pituitary axis and all the biochemical processes involved
2. Understanding concepts related to conversion of inactive thyroid to active thyroid, impacts of nutrition and immune system on receptors
3. Review the normal and abnormal values for thyroid gland and function
4. Learn the different patterns of thyroid dysfunction such as the sign and symptoms
5. Understand the connection between thyroid gland and immune system, thyroid gland and the brain and thyroid and endocrine function.
6. Nutrition and herbal formulas that can help the brain, immune system and thyroid gland
7. Current methods and technologies for diagnosis & treatment of thyroid dysfunction

Outline

Hour 1:

- Overview of how a chiropractor can set up with a lab and order a panel
- Chiropractor's responsibility for interpreting lab work
- Indications for ordering lab work
- Options for ordering labs and markers to order

Hour 2 -3:

- Review of hypothalamic pituitary axis
- Understanding thyroid markers, different patterns of thyroid, thyroid cyst and tumors, and diagnostic tools to differentiate

Hour 4:

- Understanding the connection between thyroid gland and immune system, brain function and endocrine system

Hour 5:

- Diet and nutrition for autoimmune and thyroid issues, herbal supplements to address the thyroid, gut, brain and immune system

Hour 6:

- Tests of gut function/ microbiota
- Stool test
- Food allergy tests & different diagnostic tools to diagnose and helping the body to overcome symptoms