

Nutrition 6 Hours ~ Suzan Starler, DC Back To Chiropractic CE Seminars

Learning Objectives: Introduction to Nutrition in the Chiropractic Office

1. Review common dietary patterns doctors may see in practice (vegan, vegetarian, Paleo) and identify some of the inherent nutrient deficiencies that may accompany those diets.
2. Familiarize attendees with objective measurements of nutrient status including diet logs, and physical signs that can be observed in the office, and how this can relate to what may appear to be a musculoskeletal issue.
3. Address basic blood panels (CBC, CMP), relating to the dietary status of the patient as well as appropriate recommendations.
4. Review relevant nutritional research studies regarding dietary induced pathology (gluten related enteropathy, dairy-related asthma, skin rashes); dietary benefits for certain conditions and the current positions of the leading health experts in the field of nutritional science.
5. Appropriate nutritional recommendations based on the history and exam for common conditions: Stomach pain (gas and bloating), constipation, skin conditions, weight gain, brain fog.
6. Introduce patient management skills to increase compliance with recommendations.

Time	Topic
Hour 1 - 2	Why nutrition is relevant to the chiropractic patient. Nutrient deficiencies associated with common dietary patterns such as vegetarian, Paleo, Standard American Diet and skipping meals. Symptoms of nutrient deficiencies that can mimic symptoms of subluxation – fatigue, headaches, PMS, TOS, paresthesia, joint pain, constipation, heartburn, indigestion.
Hour 3	Using and interpreting dietary assessment tools. Physical signs of deficiency.
Hour 4	Basic blood chemistry: assessing inflammation, clinical picture re different types of anemia, high blood sugar, cholesterol, Vit D, thyroid, liver enzymes. Nutritional recommendation based on common history, exam and lab findings.
Hour 5	Tools to help doctor/patient communication.
Hour 6	The benefits and drawback of carrying in-house inventory versus over-the-counter. Strategies for improving patient compliance.