

Wellness: The Studies ~ 6 Hours  
 Learning Objectives  
 Presented by: Marcus Strutz, DC

1. To be aware of the demographics changes of our country and how it will affect the type of patients coming into our offices. To provide patients with information and strategies to make healthy choices and how chiropractic is an integral part of that decision. To guide patients to healthier choices and make them aware of the unhealthy choices.
2. To inform chiropractors of the adverse effects of drug therapy, their impact on the health of our patients, and viable options for the chiropractic office. The importance of staying health, which in turn lowers and or prevents the need for drug therapy.
3. To explain how to decrease the risk of: Cancer, Hypercholesterolemia, Hypertension, Ulcers with healthy choices and avoiding the known risk factors.
4. How to incorporate the key factors of health (diet, exercise, stress reduction, proper rest), into a practice on a daily basis and how they relate to chiropractic. Literature is provided to support the validity of these health areas that are useful for both the chiropractor and patient.
5. The physiological effects of healthy living will be given as well as “how to” lists for increased patient compliance.

Time	Topic
Hours 1-2	<ul style="list-style-type: none"> <li>➤ Demographics of our Nation: Overview of population growth trends, aging statistics, factors that attribute to the aging, morbidity and mortality rates and the fall-out on health issues and insurance costs.</li> <li>➤ Why to stay healthy and avoid the adverse effects of drug therapy: A review of the growth of legal drug use in the US, including sales figures, the public demand for them and how the media effects our decision making. A closer look at flu vaccine, aspirin, acetaminophen, naproxen; including peer reviewed literature on the health risks and costs for individuals and our nation.</li> </ul>
Hour 3	<ul style="list-style-type: none"> <li>➤ National data is shown in terms of morbidity &amp; mortality rates as well as economic costs of our nation’s primary killers: Cancer, Hypercholesterolemia, Hypertension and Ulcers. Alternative choices and a “why you should” and “how to” methodology is presented.</li> </ul>
Hours 4-6	<ul style="list-style-type: none"> <li>➤ Key factors of health (diet, exercise, stress, rest). Each factor is reviewed in detail with peered reviewed literature on the impact it has on overall health. Eating habits, exercise regiments, the epidemic of obesity, the importance of rest and sleep, emotional and physical stress, are reviewed.</li> <li>➤ Includes the physiological effects of diet, exercise, stress and rest; and methods to implement these factors into chiropractic practice and the patient’s daily life.</li> </ul>