

Integration of Nutrition into a Chiropractic Practice: A Functional Approach to Health

Functional Nutrition is the foundation of integrative chiropractic. The complex, chronic health issues of the twenty-first century need a holistic nutritional approach that looks at genetic, environmental, and lifestyle factors and provides a systems-based framework for treatment. Functional Nutrition is incredibly helpful for improving patient outcomes in diabetes, obesity, metabolic syndrome, chronic fatigue, neurodegeneration, bone health, cardiac health, and musculoskeletal wellbeing.

Master the Fundamentals

This course's fundamental concepts can be mastered in an intensive weekend seminar that teaches physicians how to identify and treat common issues using a chiropractic approach. In addition to learning the basics, participants will also learn how science-based products fit into therapeutic protocols that work.

Join Dr. Robert G. Silverman for a 12-hour, two-day presentation that teaches the fundamentals of functional chiropractic through a leading-edge, streamlined, implementable system that will provide you with actionable steps to take your practice to a whole new level.

Who Should participate?

Dr. Silverman's seminar is designed for all physicians who want to implement a Functional nutrition system in their practice that will lead to positive patient outcomes and improve practice profitability.

This seminar is the ideal next study step for any physician interested in Functional Nutrition as part of integrated medicine practice. It's also ideal for physicians interested in incorporating nutritional therapies into their practice.

What You'll Learn

Patients today present with complex chronic health conditions that often can be managed with therapeutic lifestyle changes. Functional Nutrition helps physicians understand the crucial role of diet and guides patients to healthier lifestyles and habits without drugs' toxic side effects.

Participants in this course will learn how to:

- Set up a new healthcare practice or integrate Functional Chiropractic into their existing practice
- Integrate simple tools to probe beyond diagnosis and treat root causes effectively
- Implement a nutrition system within the office for consistently favorable patient outcomes and profitability
- Understand the environment within and how the gut microbiome influences metabolism, body composition, and diabetes incidence
- Use Functional Nutrition therapies to support detoxification processes
- Use breakthrough Functional Nutrition therapies to resolve inflammation
- Use nutritional strategies to manage musculoskeletal injuries

- Use nutritional strategies to address cardiometabolic issues
- Blood chemistry is a very effective diagnostic tool to screen for and to identify metabolic imbalances
- Connect gut/immune system to the brain for better management of concussions
- Expertly assess intestinal and blood-brain barrier dysfunction for better management of chronic neurological disorders
- Elucidate the science of different types of fasting

Basic protocols, flow charts, clinical pearls, and case studies make this course particularly valuable for physicians new to the Functional Nutrition approach and eager to expand their clinical knowledge.

About Dr. Silverman

Robert G. Silverman, DC, DACBN, DCBCN, MS, CCN, CNS, CSCS, CIISN, CKTP, CES, HKC, FAKTR

Dr. Robert Silverman is a chiropractic doctor, clinical nutritionist, national/international speaker, author of Amazon's #1 bestseller, *"Inside-Out Health,"* founder and CEO of Westchester Integrative Health Ctr. The ACA Sports Council named Dr. Silverman "Sports Chiropractor of the Year" in 2015. His extensive list of educational accomplishments includes six different degrees in Clinical Nutrition.

Dr. Silverman is on the advisory board for the Functional Medicine University and is a seasoned health and wellness expert on both the speaking circuits and within the media and a frequent health expert contributor on national blogs such as Consumer Health Digest. He has appeared on FOX News Channel, FOX, NBC, CBS, ABC, The Wall Street Journal, NewsMax. He was invited as a guest speaker on "Talks at Google" to discuss his current book. A frequently published author in peer-reviewed journals and other mainstream publications, Dr. Silverman, is a thought leader in his field and practice.

Dr. Silverman was the principal investigator on a Level 1 laser FDA study.

His new book, *Superhighway to Health*, is expected to be published in August 2021.

Program outline:

I. Dr. Rob's Gut Matrix. The evolving field of gut health is one of the most exciting developments in Functional Nutrition. In this module, attendees will get a solid understanding of the gut microbiome and its importance:

- New insights into how our microbial community affects health and disease
- Nutritional strategies for gut health (7R Program)
- Gut reaction: restoring digestive health through Nutrition

The human microbiome—new insights into how our microbial community affects health and disease:

- Nutritional strategies for gut health
- Gut reaction: restore digestive health through Nutrition

Assessing antigenic intestinal permeability

- Epithelial cell damage
- Tight junction breakdown

- Gut dysbiosis
- Systemic LPS infiltration
- LPS antibodies vs. levels
- LPS and muscle pain
- Blood-brain permeability markers:
 - Ig + IgA
 - IgM

II. Strategies to initiate the positive impact of gut health on the musculoskeletal system:

- Basic physiology and nutritional support for a musculoskeletal injury

Medicine's new direction—how injuries to fascia and extracellular matrix are critical components in describing disease etiology

III. A Multifaceted Approach to Detoxification for Optimal Health

Detoxification is the process of transforming and removing potentially harmful products from the body. Many patients don't detoxify efficiently and can be helped by Functional Nutrition and detoxification protocols:

- Extending your reach: how to implement detoxification plans to help patients
- Choosing the right detox plan for each patient

IV. Breakthroughs in the Treatment of Concussion

Traumatic brain injuries – Concussions. Traumatic brain injuries are on the rise:

- The research review on treatments for TBI
- Concussion assessments and protocols

Women and Concussion. Why women have a higher rate of concussions:

- Weaker neck muscles
- Higher rate of incidence reporting
- Menstrual cycle – decreased progesterone

Why More Concussions. Diminished brain resilience syndrome:

- Toxins
- Poor dietary fats
- Poor liver function and gut bacteria

How to Assess a Concussion

- What is a concussion?
- 3-grade system
- Signs and symptoms

Nutritional Protocol for Treating Concussion

- Feed your concussion: Reviewing Nutrition and its role in brain recovery
- Dietary changes required for concussion recovery
- Support for the production of BDNF (brain-derived neurotrophic factor)
- Support for the decrease of neurotransmitter substance-P
- Decrease of systemic inflammation
- Brain to gut connection
- Methylation and concussion

Concussion Rehab

- Proprioceptive training

- Gaze stabilization
- Vestibular, oculomotor screen
- Post-concussion syndrome
- **Nutritional protocols for Alzheimer's Disease**

V. Blood Sugar Dysregulation. Blood sugar dysregulation and metabolic syndrome respond exceptionally well to the Functional Nutrition approach:

- Signs and symptoms of glucose dysregulation
- Dietary and lifestyle mechanisms promoting dysregulation
- Diet and lifestyle mechanisms promoting insulin resistance
- Functional Nutrition to improve glucose and insulin responses
- Nutritional supplements for improving glucose and insulin responses

VI. Strategies to Improve Body Composition and Reduce Obesity. Functional Nutrition provides many effective methods for weight loss and improving body composition:

- The value of body composition analysis using the InBody analyzer
- Therapeutic lifestyle modifications: small changes add up
- Dietary modifications: quality foundational Nutrition means looking at nutritional value, not calories
- The SAD diet is almost entirely high-glycemic foods that trigger insulin production; use Functional Nutrition to rebalance the diet toward protein and good fats
- Chemicals, not calories: the role of environmental toxins
- Nutritional supplements
- Stress reduction techniques
- The role of physical activity: improving everyday movement and posture

VII. Integrating Fasting into Nutritional Protocols

The science of fasting has entered the mainstream and has become an integral part of functional Nutrition. Many robust studies now show how fasting can help healthy weight management, aid in diabetes prevention and management, improve cardiovascular health, help manage an autoimmune disease, help protect against neurodegenerative diseases.

In this segment, attendees will learn the basic science behind fasting and understand how fasting can help patients achieve their health goals.

- Why fasting has significant health benefits
- The basic science behind safe and effective fasting
- Blood marker improvements from fasting
- Different fasting modalities
- Nutrition protocols that work in synergy with fasting and cardiometabolic health

VIII. Blood chemistry

Blood chemistry is a very effective diagnostic tool to screen for and identify metabolic imbalances. It is also valuable for evaluating how well changes based on Functional Nutrition are working. This section will discuss the functional medicine interpretation of the following blood panels:

- CBC
- Inflammatory markers
- Serum electrolytes
- Liver markers
- Blood sugar/insulin markers
- Lipid and CVD markers
 - LDLR receptor
 - Cholesterol particle size
 - Remnant particles
 - Oxidized LDL particles
 - Lp(a)
 - MPO
- Genetic/genomic markers

IX. Cardiometabolic Disorders: Untangling Complex Conditions

Prediabetes, diabetes, high blood pressure, and heart disease are inextricably connected. To effectively treat these complex conditions, we need to look at the root causes and examine pathology that often begins early in life.

- Genetic inheritance
- Dietary Influences
- Environment
- Dietary Changes
- Physical Activity
- Lifestyle Therapy
- Detoxification
- Lifestyle interventions for cardiometabolic risk
- Lipids, lipoproteins, and cardiometabolic risk
- APO4 gene and CVD risk
- The role of the LDL receptor
- Advanced glycated end products

Many patients are in serious need of a liver detoxification program to reduce their toxic load, reduce heart-damaging inflammation, and jump-start weight loss.

X. Functional Medicine and Immunity in Novel Times

With the advent of new research and management options surrounding the viral pandemic, many practitioners decide how to navigate the best direction to take with their patients.

- The influence of healthy microbiota on susceptibility to viral infections
- Functional medicine protocols for immunity
- COVID-19 infection and its association with the lung-gut-brain axis and microbiome dysbiosis

- Explain the importance of modifying personal lifestyle and dietary risk factors to reduce inflammation and improve immunity
- Recognize the possible rise in autoimmunity and increased inflammatory status following recovery from COVID-19 infection

XI. SIBO – Small Intestinal Bacteria Overgrowth

- Signs and symptoms
- Nutritional protocols for 3 Phases of Care for SIBO
- Dietary recommendations
- Factors that protect against SIBO
- SIBO prevalence with TBI patients

XII. How to grow a functional nutrition practice