

Nutrition ~ 6 Hours  
 Presented by: Marina Rose, DC  
 Live in Northern California & Online

Learning Objectives

1. Familiarize those in attendance with common dietary patterns they may see in practice in Northern CA and some of the inherent nutrient deficiencies that may accompany those diets.
2. Introduce several options for dietary assessment tools and appropriate nutritional recommendations for the individual patient by the chiropractor in daily practice.
3. Review physical signs that can be observed in the office, which are associated with specific nutrient deficiencies.
4. Address basic blood panels relating to the dietary status of the patient as well as appropriate recommendations.
5. Review recent nutritional research studies regarding dietary induced pathology, dietary benefits for certain conditions and the current positions of the leading health experts in the field of nutritional science.
6. Appropriate nutritional recommendations based on the history, exam and lab assessments discussed.
7. Introduce patient management skills to increase compliance with recommendations.

<b>Time</b>	<b>Topic</b>
Hour 1 - 2	How nutrition is relevant to the chiropractic patient. Nutrient deficiencies associated with common dietary patterns such 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, 3 types of anemia, high blood sugar, cholesterol, Vit D, thyroid, liver enzymes. Nutritional recommendation based on common history, exam and lab findings.
Hour 5	Review of literature and how to discuss with patient.
Hour 6	OTC vs in-house inventory. Improving patient compliance.