

Thriving In Our Toxic World

Kim B. Khauv, DC MPH

COURSE OBJECTIVES:

After taking this online course, the student will be able to:

1. List many common toxins at our home and offices.
2. Understand body burden.
3. Discuss the risks of toxins in our water, land, air, and food.
4. Understand the animal and human studies regarding toxins
5. Recognize safer alternatives.
6. Know how to avoid and eliminate toxins.
7. Educate patients about living a healthy lifestyle.

COURSE OUTLINE:

Hours 1

What are toxins?
Terminology in toxicology
Common toxins in our home and offices

Hour 2

Water toxins

Hour 3

Land and Air toxins

Hours 4-5

Toxins in foods and personal care products
Drug, Herb, and Vitamin interactions

Hour 6

Safer alternatives, how to avoid and eliminate toxins
Patient education for healthy lifestyle