

ONE ATTENDEE PER FORM PLEASE



CHIROPRACTIC NUTRITION

MODULES 1-4 with Dr. David Seaman

48
CE

COURSE DESCRIPTION

Chiropractors who complete this course may not only sell supplements, vitamins, and herbs, they may also provide counsel, direction, guidance, advice or recommendations to their patients regarding the health effects of these substances. Since the modules are self-contained, they may be taken in any order.

All four modules must be taken within the same biennium and by the same entity to qualify for your initial nutrition certification. A 1-hour exam is offered at the end of each session, and is required for initial certification.

You may also take the course as a refresher and for CE hours.

Each module qualifies for 12 CE Nutrition Hours.

MODULES 1 & 2: Wildwood Lodge, Pewaukee
N14W24121 Tower Place, Pewaukee (262) 506-2000

MODULES 3 & 4: Crowne Plaza, Madison
4402 East Washington Ave, Madison (608) 244-4703



INSTRUCTOR BIO

David R. Seaman, DC, MS, DABCN, is a Professor of Clinical Sciences in the Chiropractic Medicine program at National University of Health Sciences in Pinellas Park, Florida.

Dr. Seaman has authored a book on clinical nutrition for pain and inflammation, and has written several chapters and articles on this topic. His academic and clinical interest is focused on how pain and symptom/disease expression can be modulated with lifestyle choices and manual/rehabilitative

Attendee Name _____

DC/Member Name _____

WCA MEMBER? Y / N

Office Address _____

City _____ State _____ Zip _____

Phone _____ Fax _____

Email _____

MODULE 1 - PEWAUKEE - 4/22 8am-5pm & 4/23 8am-12pm

MODULE 2 - PEWAUKEE - 5/13 8am-5pm & 5/14 8am-12p

MODULE 3 - MADISON - 6/17 8am-5pm & 6/18 8am-12p

MODULE 4 - MADISON - 7/8 8am-5pm & 7/9 8am-12p

per module
MEMBER / NON-MEM
\$245 / \$365

10% off for all 4 modules
MEMBER / NON-MEM
\$882 / \$1314

Lunch is on your own

PAYMENT METHOD

Credit Card (Visa/MC/Discover) **Check Enclosed**

Name on Card _____

CC # _____

Card Billing Address _____

City, State, Zip _____

TOTAL DUE

\$

CVV Code _____

Exp. Date _____

Return by Mail: **Wisconsin Chiropractic Association, 521 E. Washington Ave., Madison, WI 53703**
Fax: **608-256-7123** | Phone: **608-256-7023**

Cancellation Policy: Full refund up to seven days prior to program. 50% refund after seven days prior to day of program. No refund day of program.

Sponsored by:
Anabolic Labs



CHIROPRACTIC NUTRITION

COURSE DESCRIPTIONS

Each module qualifies for 12 CE Nutrition Hours.

Chiropractic Nutrition Module 1

Nutrition is a powerful tool you can use to dramatically improve your patients' results and it is an integral part of any functional medicine practice. Each module in this four module course provides essential components every practitioner can use to implement nutrition in a clinical setting.

Module 1 will establish the foundation for using nutrition in a clinical setting to improve your patients' results. We will cover the role proteins, fats and carbohydrates play in the diet as well as how to alter them for specific conditions. We will also cover the therapeutic use of each vitamin and mineral as well as non-essential nutrients — including CoQ10, lipoic acid, L-carnitine, L-arginine, L-glutamine, N-acetylcysteine and phytonutrients – and review how to spot deficiency and/or excess use of these nutrients. The health effects of alcohol, artificial sweeteners, digestive and systemic enzymes and glandulars will also be covered in this seminar.

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Chiropractic Nutrition Module 2

Nutritional supplements can greatly speed up the healing process when used correctly. As health care providers, we need to know the supplements we are recommending are safe and effective. To that end, we will cover important nutrient-drug-food interactions that every practitioner needs to be aware of. Once more, we will help you see through claims of 'high quality' supplements and show you exactly how to differentiate between good quality and poor quality supplements. The difference could be life altering to your patients.

Required Topics Covered:

- Nutrition counseling and initial screening to include nutrition physical examination
- Diet history taking
- Analysis of laboratory data including hair, saliva, urine and blood samples
- Codex Alimentarius Commission
- Dietary supplement health and education act of 1994 and related regulations
- Supplements and nutrition
- The efficacy, safety, risks and benefits of glandular products, chelation therapy and therapeutic enzymes
- Food, drug, and nutritional supplements interactions
- Safety and efficacy – risks and benefits of nutritional supplements

Chiropractic Nutrition Module 3 is a protocol-rich seminar that shows you how to apply clinical nutrition to the most common health conditions you already see every day in your practice, including multiple ways to address inflammation and chronic pain, musculoskeletal conditions, gastrointestinal conditions, cardiovascular conditions, peripheral neuropathy, sciatica, conditions related to the immune system, adrenal fatigue, chronic fatigue and thyroid imbalances. Focus is on detoxification, adrenal stress, food allergies, cultural influences, obesity, pediatric conditions and diabetes.

Topics Covered:

- Liver Detoxification, Use of supplements
- Adrenal stress and burn-out
- Functional Medicine approach to analysis of organ system function
- Food allergy, Foods as a source of vitamins, food (Organic)
- Food safety and microbiological poisoning
- Dietary Issues in schools and Hospitals (Registered Dietitian role)
- Fast foods as important in health
- Social and family as well as cultural influences in food-related health issues
- Obesity and weight management (Adults)
- Obesity in Children
- Pediatric conditions (ADDHD)
- Diabetes as a special Metabolic condition

Chiropractic Nutrition Module 4 will show you how to apply clinical nutrition to the most common health conditions you will see in your patient population over their lifetime, ranging from infancy to the elderly. In addition, we will cover the subjects of weight loss and sports nutrition in great detail. We will review the underlying metabolic imbalances that often prevent people from losing weight as well as how to customize exercise recommendations to maximize body fat loss. In addition, we will review exactly how to develop dietary programs for different classes of athletes and break down important nutritional concepts, including nutrient timing, fuel sources before, during and after workouts/events and how to maximize recovery and performance.

Topics covered:

- Sports Nutrition, description of Food, nutrients, Botanicals and supplements
- Endurance nutrients and supplements, mechanism of action
- Body Building and strength, supplements
- Supplements protocols popular by sports enthusiasts
- Botanicals used in Sports
- Herb/Drug interactions
- Herbs/Drugs banned by the USOC
- Nutrition across the lifecycle (Pregnancy and lactation)
- Nutrition across the lifecycle (Pediatric, infant)
- Nutrition across the lifecycle (Adult, Geriatric)
- Female nutrition issues
- Male nutrition issues