This course fulfills requirements to receive Nutrition Counseling Certification in Wisconsin. 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. Though not recommended, since the modules are self-contained, they may be taken in any order.

OVERVIEW 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. Full course descriptions of each module are listed on page two of the registration form.

INSTRUCTOR BIO
Dr. Oler received his Doctorate in Naturopathy from the University of Natural Medicine in Santa Fe, NM. He is the founder of the Natural Path Health Center, an integrated complementary health care facility. In addition to clinical work with clients, Dr. Oler teaches extensively to medical professionals and the public, on ways to incorporate the scientific application of natural healing methods into their lives or practices.

Sponsored by NutriDyn

REGISTRATION GUIDELINES
PRE-PREGISTRATION is highly recommend; you may register on-site only if space is available.

REFUNDS, less $15 administrative fee, until 7 days before event. 50% refund 2-6 days before event. No refund before day of event.

FOR THOSE RECEIVING FREE CE, OR USING CE CREDITS No fee to cancel 7 or more days before event. $25 fee to cancel 2-6 days before event. $50 fee to cancel day before, day of event, and for no-shows.

Contact us at 608-256-7023 or awmurray@wichiro.org with questions.
Module 1 (12 CE) Kalahari Resort, WI Dells
September 14th, 8am - 5pm
September 15th, 8am - Noon, Exam Noon - 2pm

Module 2 (12 CE) Kalahari Resort, WI Dells
September 16th, 8am - 5pm
September 17th, 8am - Noon, Exam Noon - 2pm

Module 3 (12 CE) Holiday Inn, Fond du Lac
September 30th, 8am - 5pm
October 1st, 8am - Noon, Exam Noon - 2pm

Module 4 (12 CE) Holiday Inn, Fond du Lac
October 21st, 8am - 5pm
October 22nd, 8am - Noon, Exam Noon - 2pm

COURSE DESCRIPTION
Module 1 provides the foundation on which to build a nutrition-based arm of your practice. No practitioner, no matter how experienced, can remember how and why to use every vitamin, mineral and/or other nutrient in clinical practice. This course provides that information in a clear and concise format directed at the practitioner and the therapeutic use of these nutrients in practice.

This 12 hour seminar 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, lipic acid, L-carnitine, L-arginine, L-glutamine, N-acetyl cystine 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.

REQUIRED TOPICS COVERED:
- Vitamin recommended daily allowances and dietary reference intakes
- Mineral and metals needs of the human body and the biochemistry of essential and non-essential nutritional supplements
- Symptoms of severe vitamin and nutritional deficiencies, and the toxicity of excess vitamin and mineral supplementation, herbals or other nutritional supplements
- Protein, carbohydrates, and fat macronutrient needs and symptoms of deficiencies of any of these nutrients.
- Fiber needs
- Food composition and foods as a source of vitamins

Incorporating nutrition into clinical practice requires more than a basic knowledge of when to use specific nutrients. In order to elicit lifelong dietary change and healing, specific skills are required. Module 2 provides a model on how to move your patients’ through lifestyle and dietary changes as well as how to design your office flow to maximize results and profits.

We all need tools to get our jobs done; this seminar will outline several important testing and screening tools that can be used to help identify the underlying cause(s) that may need to be corrected in order optimize your patients’ results.

Module 3 is not a necessary prerequisite, but do provide a solid foundation on which to build your clinical nutrition skills. If you have a varied patient population or would like to know how to address the most common health concerns for your patients, this seminar will provide you with research-backed nutritional-based protocols you can use to augment your current chiropractic therapies to improve your patients’ results.

This seminar is all about the application of clinical nutrition in practice. In this 12 hour, 2-day seminar, we will cover how to apply the information learned in modules 1 and 2 to the most common health conditions you will see in clinic, including multiple ways to address inflammation and chronic pain, musculoskeletal conditions (including osteoporosis, bone fractures, intervertebral disc disease, soft tissue inflammation and acute trauma), gastrointestinal conditions, cardiovascular conditions (including dyslipidemia, high blood pressure and insulin resistance), peripheral neuropathy, sciatica, conditions related to the immune system, adrenal fatigue, chronic fatigue and thyroid imbalances.

This seminar is protocol-rich and will cover a great deal of clinically useful information that will apply to about 90% of your patient base. Modules 1 & 2 are not a necessary prerequisite, but some experience with nutrition would be beneficial. You will leave this seminar with the tools and knowledge you need to apply this information with your patients when you return to the office in order to help them reach their health goals more effectively.

REQUIRED TOPICS COVERED:
- Etiology of organ system dysfunction, internal medicine diseases & conditions
- Contraindications, side effects, and toxic effects of botanicals, nutritional supplements and diet products
- Therapeutic use of botanical medicine
- Safety and efficacy – risks and benefits of nutritional supplements

Module 4 is all about the application of clinical nutrition in practice. In this 12 hour, 2-day seminar, we will cover how to apply the information learned in modules 1 and 2 to the most common health conditions you will see in clinic, including multiple ways to address inflammation and chronic pain, musculoskeletal conditions (including osteoporosis, bone fractures, intervertebral disc disease, soft tissue inflammation and acute trauma), gastrointestinal conditions, cardiovascular conditions (including dyslipidemia, high blood pressure and insulin resistance), peripheral neuropathy, sciatica, conditions related to the immune system, adrenal fatigue, chronic fatigue and thyroid imbalances.

This seminar is protocol-rich and will cover a great deal of clinically useful information that will apply to about 90% of your patient base. Modules 1 & 2 are not a necessary prerequisite, but some experience with nutrition would be beneficial. You will leave this seminar with the tools and knowledge you need to apply this information with your patients when you return to the office in order to help them reach their health goals more effectively.

REQUIRED TOPICS COVERED:
- Etiology of organ system dysfunction, internal medicine diseases & conditions
- Contraindications, side effects, and toxic effects of botanicals, nutritional supplements and diet products
- Therapeutic use of botanical medicine
- Safety and efficacy – risks and benefits of nutritional supplements

This seminar is protocol-rich and will provide a great deal of immediately useful clinical information that you can apply with your patients. Modules 1-3 are not a necessary prerequisite, but do provide a solid foundation on which to build your clinical nutrition skills. If you have a varied patient population or would like to know how to address the most common health concerns for your patients, this seminar will provide you with research-backed nutritional-based protocols you can use to augment your current chiropractic therapies to improve your patients’ results.

Required Topics Covered:
- Nutrition across the life cycle
- Therapeutic use of botanical medicine
- Safety and efficacy – risks and benefits of nutritional supplements
- Contraindications, side effects, and toxic effects of botanicals, nutritional supplements and diet products
- Weight management and control
- Sports nutrition, endurance, body building and exercise physiology

This seminar will outline several important testing and screening tools that can be used to help identify the underlying cause(s) that may need to be corrected in order optimize 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, lipic acid, L-carnitine, L-arginine, L-glutamine, N-acetyl cystine 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.

REQUIRED TOPICS COVERED:
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- Fiber needs
- Food composition and foods as a source of vitamins

We all need tools to get our jobs done; this seminar will outline several important testing and screening tools that can be used to help identify the underlying cause(s) that may need to be corrected in order optimize your patients’ results.

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, P.L. 103-417 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

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 (even if they “eat right and exercise”) as well as what specific types of exercise have been shown to maximize body fat loss. In addition, we will review exactly how to customize a dietary program 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.

This seminar is protocol-rich and will cover a great deal of clinically useful information that will apply to about 90% of your patient base. Modules 1 & 2 are not a necessary prerequisite, but some experience with nutrition would be beneficial. You will leave this seminar with the tools and knowledge you need to apply this information with your patients when you return to the office in order to help them reach their health goals more effectively.

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