

## SYLLABUS

**Title:** Foundations of Functional Chiropractic with Focus on Inflammation & the Thyroid

**Instructor:** Dr. James Kendel, DC, DACBI

**CE Hours Requested:** 12

### **I. COURSE OBJECTIVES**

This program will enhance the doctor's knowledge of inflammation and its causes and treatments. The doctor will also learn how this relates to the Thyroid. This program will increase his ability to properly assess and evaluate the patient's functionality and give him the protocols and treatments to increase function and health in the patient.

### **II. COURSE OUTLINE**

Hour One	Overview of Inflammation Anatomy of inflammation Types of inflammation
Hour Two	Biochemical process behind inflammation Acute vs. chronic How does it become chronic
Hour Three	<b>Pain and Symptom Management</b> Common causes of inflammation Chiropractic Treatments for inflammation
Hour Four	Inflammation & the Gut How inflammation influences food sensitivities How food sensitivities influence inflammation
Hour Five	<b>Performing &amp; Ordering Tests</b> Food Sensitivities What they are: Testing & Labs How to treat them properly
Hour Six	Working Lunch Cortisol Functions
Hour Seven	<b>Performing &amp; Ordering Tests</b>

Thyroid Function  
Biochemical Stresses

Hour Eight      **Performing & Ordering Tests**  
Blood Sugar Regulation  
Factors

Hour Nine      **Physical Measures**  
Thyroid Fatigue  
Chronic Stressors  
Hormone & Endocrine

Hour Ten      Thyroid Function  
Organ Reserves  
Nutrient & Mineral

Hour Eleven      **Physical Measures**  
Adrenal Fatigue  
Hormone Imbalance  
Fatigue of the System

Hour Twelve      **Physical Measures**  
Recognizing Adrenal Problems  
Stable vs. Unstable  
Measuring & Managing Stressors  
Impact