

Course Syllabus

Vitamins and Minerals Essential for Health

<u>COURSE OBJECTIVE</u>	To show the uses, deficiencies, and importance of vitamins, minerals and other nutritional essentials to the human body.
<u>STATEMENT OF PURPOSE</u>	The purpose of this course is to aid the Chiropractic Profession by providing Chiropractors with instruction necessary to understand the different vitamins, minerals, antioxidants, and natural anti-inflammatories and their effect on their patients.
<u>OVERVIEW OF COURSE</u>	This course will identify the essential vitamins, minerals and other nutrients that are important for optimal health.
<u>COURSE OUTLINE</u>	
HOUR 1	The difference between macro and micro nutrients. The microbiome's role in vitamin synthesis and macronutrient metabolism and dysbiosis. The fat soluble vitamins and their role in our patient's optimal health. The water soluble vitamins and their role in our patient's optimal health. Macronutrients and trace nutrients and how the body uses them. Important antioxidants and how they work. Natural anti-inflammatory foods and supplements Diagnosing nutrient deficiencies