

Course Syllabus

Nutritional Medicine: Evidence-based Impact on Anti-Aging and Disease Prevention

Dr. James Meschino

2 Hours

COURSE OBJECTIVE Understanding how the Body's Aging Clock Increases Disease Risk and the 7 Key Supplements shown to prevent age-related diseases and prolong functional life.

STATEMENT OF PURPOSE The purpose of this course is to aid the Chiropractic Profession by providing Chiropractors with instruction necessary to understand how and why timed events in the body's aging clock promote the development of certain types of diseases.

OVERVIEW OF COURSE This course will identify the 7 key supplements, when staged-in properly between age 40 and 55, that will counter the body's aging clock and help prevent age-related health conditions.

COURSE OUTLINE

HOUR 1

- What causes age related illnesses.
- Why timed events in the body's aging clock promote the development of diseases.
- Examine age-related illnesses such as osteoarthritis, high blood pressure, congestive heart failure, BPH and prostate cancer, osteoporosis, dementia and age-related memory loss, risk of virulent infections.

HOUR 2

- Diet and exercise to improve combat the aging process.
- Defining the 7 key supplements to help prevent age-related health conditions.
- Review of the latest research on anti-aging.
- How to teach your patients to maintain a highly functioning body and mind for as long as possible.