

Osteoarthritis: Comprehensive Diet, Supplementation and Lifestyle Protocols that Complement Chiropractic Care

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2 Hours

In this course Dr. Meschino highlights the research showing the key nutrition, supplementation and lifestyle strategies shown to help prevent and significantly improve osteoarthritis.

Hour 1

In addition to chiropractic hands-on treatment, electro-modalities, and acupuncture, addressing the body's internal biochemical environment is critical to slowing and reversing joint inflammatory processes, cartilage erosion and fibrosis.

Hour 2

This course explains the exact mechanisms by which nutrition, supplementation and lifestyle practices affect these aspects of pathophysiology and provides a practical approach to help patients adopt simple, meaningful, proactive strategies that will improve their joint health and quality of life.

All scientific references are included in the presentation and available to registrants of the webinar.