

Course Syllabus
The Truth About Seed Oils
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COURSE OBJECTIVE

To show the differences in all the types of compressed seed oils and how they affect the human body.

STATEMENT OF PURPOSE

The purpose of this course is to aid the Chiropractic Profession by providing Chiropractors with instruction necessary to understand the different types of seed oils and how they affect the chiropractic patient.

OVERVIEW OF COURSE

This course will identify the different types of seed oils, how they are made, how the human body processes them and the effect they have on cardiovascular, endocrine, and nervous system function.

COURSE OUTLINE

HOOR 1

How nutrition causes inflammation in the human body with emphasis on omega fatty acids, glycemic index, processed foods, high fructose corn syrup, genetically modified foods, and seed oils
What are seed oils?
The history of seed oils and how they are made.
Linoleic acid and seed oil consumption.

Hour 2

Toxic biproducts of linoleic acid
How linoleic acid affects the mitochondria and energy production
Seed oils and heart disease review of the literature
Seed oils and obesity
Seed oils and dementia
Seed oils and reduced testosterone.
Nutritional review of good fats versus bad fats