

# Healing A Toxic Brain

## Course Syllabus

Course Objective To discuss the role nutrition plays in brain health.

Statement of Purpose The purpose of the course is to aid the chiropractor with the information regarding the roles that nutrition, lifestyle, stress and genetics play in maintaining cognitive function.

Overview of course This course will review how stress, inflammation, nutritional deficiencies can all lead to cognitive decline and neurodegeneration. Early intervention can impact brain development through the lifespan. Strategies will be discussed for living with a healthy brain.

## Course Outline

### Hour 1

Discuss the role of nutrition and brain health. Review how stress and inflammation can lead to altered brain function.

### Hour 2

Strategies for supporting the brain throughout the lifespan to achieve optimal performance. A review of neuroplasticity.