

Course Syllabus
Mitochondria, Cancer, Fatigue and Chronic Disease
Introduction to Mitochondrial Dysfunction Relating to Excess Fatigue and Nearly
All Chronic Diseases.

INSTRUCTOR Dylan Foster, DC, PScD, CFMP, ONC.

TIME 2 Hours

COURSE OBJECTIVE To understand the crucial role our Mitochondria play when it comes to the energy, healing and repair of our cells. And how our mitochondria correlates to both cancer prevention and reduced cancer recurrence rates.

STATEMENT OF PURPOSE The purpose of this course is to aid the Chiropractic Profession by providing Chiropractors with nutritional guidance, tools and scientific information relating to the mitochondria's role in Chronic Fatigue, Cancer and nearly all forms of Disease.

OVERVIEW OF COURSE This course will review how the Mitochondria provide cellular energy and function to every living tissue and cell within our body through the making of ATP. As well as how low mitochondria function can hinder our abilities to function, heal and repair. Will then discuss vital means of supporting Mitochondrial function through diet, lifestyle and nutrition

COURSE OUTLINE

HOUR 1 Biochemistry overview of location of mitochondria and how we make ATP from sugars and fatty acids.

Lactic Acid, Anaerobic Exercise and ATP Production, or lack thereof.

HOUR 2 How we damage our mitochondria relating to lifestyle, toxins and cancer treatments via radiation and chemotherapy. – ATP Blockers

Ways to improve and optimize mitochondrial function through diet, lifestyle, and nutrition.

