

Immune Strategies for the 21<sup>st</sup> Century

Dr. Howard Benedikt

2 Hours

## Course Syllabus

**Course Objective** To discuss and develop immune strategies to stay healthy through the lifespan.

**Statement of purpose** The purpose of this course is aid the chiropractor by supplying the information and clinical tools for supporting our patients, family and friends.

**Overview of Course** This course will review the makeup of the immune system and discuss the types of immunity. The course will then review how to support a balanced immune response through diet, supplementation and lifestyle management.

### Outline

**Hour 1** Review the makeup of the immune system. What can go wrong with the immune response and how this impacts our patient's health and well being.

**Hour 2** Strategies for immune support for a lifetime.