

Topic: Nutritional Medicine: Evidence-based Impact on Anti-Aging and Disease Prevention (6-hour CE Program)

With Dr. James Meschino DC, MS, ROHP

In this seminar Dr Meschino provides practitioners with ground-breaking research showing the vital impact specific nutrients have on epigenetics, the body's aging clock, brain function in aging, as well as human performance and longevity biomarkers (indicators). He highlights key aspects of anti-aging research, which confirm that many aspects of aging can be prevented, slowed, and even reversed, by implementing a personalized nutritional medicine approach, to augment the patient's exercise routine, chiropractic and medical interventions.

You will leave the webinar with a solid understanding of evidence-based, clinically relevant, practical, no nonsense strategies that you can immediately use to help personalize patient recommendations to enhance performance, slow and reverse key aspects of aging as well as improve critical health risk factors, and help your patients maintain a highly functioning body and mind well into your golden years (healthy life expectancy). Due to the Corona Virus Pandemic, a special segment of the program will address evidence-based studies examining nutrition, lifestyle, and immunity.

Course Content (6-hour Program)

- Theories of Aging – includes a review of the four primary theories of aging and how they are also promotes the loss of functional capacity as we age (1- hour)
- Aging and Joint Degeneration – includes a discussion of how the body's aging clock permits joint deterioration, and the inflammatory process to proceed as we age and highlights the experimental and clinical studies that demonstrate that cartilage erosion and age-related inflammatory processes can be prevented and/or better managed with attention to specific dietary practices, supplements, and exercise. (1 - hour)

- Aging and The Cardiovascular System – reviews the pathophysiology involved in the development of congestive heart failure, the most common cause of hospital admissions after the age of 60. The discussion highlights the evidence showing that more prudent dietary behaviors, exercise, and certain supplements can support heart health and help to prevent this common age-related cardiovascular outcome (1- hour)
- The Aging Prostate Gland – reviews the hormonal and enzymatic changes that occur in the male body after the age of forty, which in turn, account for age –related influences on prostate enlargement and prostate cancer. This portion of the seminar provides information regarding the use of diet, exercise and supplementation in preserving prostate health as men age (1-hour)
- The Aging Brain – reviews the pathophysiological events in brain cells, on a biochemical and molecular level, which are associated with age-related decline in function. This section provides participants with clinical data to show that specific dietary and supplementation practices can support brain concentrations of important neurotransmitters and maintain nerve cell fluidity after the age of 55, when these considerations are most critical (1 hour)
- Aging and Immune Function in the Pandemic Era – reviews the decline in immunity that occurs with aging and highlights evidence-based, natural strategies to support and enhance immune function after age 40 to help prevent virulent infections and cancer. As we are in a pandemic era this discussion also includes a review of the evidence and clinical trials involving the prevention and management of viral-induced respiratory tract infections in humans via nutrition, lifestyle, supplementation and nutritional IV therapy. (1-hr)