

1-Hour Webinar:

Osteoarthritis: Comprehensive Diet, Supplementation and Lifestyle Protocols that Complement Chiropractic Care

In this webinar Dr. Meschino highlights the research showing the key nutrition, supplementation and lifestyle strategies shown to improve outcomes for patients with osteoarthritis.

In addition to chiropractic hands-on treatment, electro-modalities, and acupuncture, addressing the body's internal biochemical environment is critical to slowing and reversing joint inflammatory processes, cartilage erosion and fibrosis. This webinar explains the exact mechanisms by which nutrition, supplementation and lifestyle practices affect these aspects of pathophysiology and provides a practical approach to help patients adopt simple, meaningful, proactive strategies that will improve their joint health and quality of life.