

Instructor: Howard Benedikt, DC, DCBCN

Course Description: In this two-hour chiropractic online class, we will discuss why there is an American digestive disease epidemic. Digestive disorders encompass more than 40 acute and chronic conditions and are the second leading cause of disability due to illness in the United States. We will pay particular attention to the crosstalk that takes place between the gut and various systems of the body.

Course Outline:

HOUR 1:

- A look at the digestive disease epidemic
- Overview of digestive sensing and the immune system

HOUR 2:

- Intestinal microbiota in health and disease
- Chiropractic approaches and GI problems
- Maintaining digestive health and well-being

Course Objectives:

- Understand the relationship between proper digestion and health
- Look at the role of microbiome in maintaining gut homeostasis
- Review common conditions seen in a chiropractic office
- Create treatment plans for patients