

SYLLABUS

Title: Inflammation & Food Sensitivities

**Dates &
Locations:**

Instructor: Dr. James Kendel, DC, DACBI

CE Hours Requested: 12

I. COURSE OBJECTIVES

This program will enhance the doctor's knowledge of inflammation and its causes and treatments. It will discuss the food sensitivities associated with inflammation. It will increase his ability to properly assess and evaluate the patient's functionality and give him the protocols and treatments to increase function and health in the patient.

II. COURSE OUTLINE

8:00 - 9:00 am	Overview of Inflammation Anatomy of inflammation Types of inflammation
9:00 - 10:00 am	Biochemical process behind inflammation Acute vs. chronic How does it become chronic
10:00 - 11:00 am	Pain and Symptom Management Common causes of inflammation Chiropractic Treatments for inflammation
11:00 - 12:00 pm	Inflammation & the Gut How inflammation influences food sensitivities How food sensitivities influence inflammation
12:00 - 1:00 pm	Performing & Ordering Tests Food Sensitivities What they are: Testing & Labs How to treat them properly
1:00 - 2:00 pm	Working Lunch Cortisol Functions
2:00 - 3:00 pm	Performing & Ordering Tests

Biomechanical Assessment of Movement Patterns
Function vs. Dysfunction
Biochemical Stresses

3:00 - 4:00 pm **Performing & Ordering Tests**
Blood Sugar Regulation
Factors

4:00 - 5:00 pm **Physical Measures**
Adrenal Fatigue
Chronic Stressors
Hormone & Endocrine

5:00 - 6:00 pm Adrenal Fatigue
Organ Reserves
Nutrient & Mineral

6:00 - 7:00 pm **Physical Measures**
Adrenal Fatigue
Hormone Imbalance
Fatigue of the System

7:00 - 8:00 pm **Physical Measures**
Recognizing Adrenal Problems
Stable vs. Unstable
Measuring & Managing Stressors
Impact