

# SYLLABUS

**Title:** Inflammation & Nutrition

**Dates&  
Locations:** **Online**

**Instructor:** Dr. James Kendel, DC, DACBI

**CE Hours Requested:** 6

## **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**

Hour One	Overview of Inflammation Anatomy of inflammation Types of inflammation
Hour Two	Biochemical process behind inflammation Acute vs. chronic How does it become chronic
Hour Three	<b>Pain and Symptom Management</b> Common causes of inflammation Chiropractic Treatments for inflammation
Hour Four	Inflammation & the Gut How inflammation influences food sensitivities How food sensitivities influence inflammation
Hour Five	<b>Performing &amp; Ordering Tests</b> Food Sensitivities What they are: Testing & Labs How to treat them properly
Hour Six	Biomechanical Assessment of Movement Patterns Function vs. Dysfunction Biochemical Stresses

## Cortisol Functions