

SYLLABUS

Title: Foundations of Functional Medicine with Focus on Inflammation & the Thyroid

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. The doctor will also learn how this relates to the Thyroid. This program 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	Pain and Symptom Management 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	Performing & Ordering Tests Food Sensitivities What they are: Testing & Labs How to treat them properly
Hour Six	Working Lunch Cortisol Functions
Hour Seven	Performing & Ordering Tests

Thyroid Function
Biochemical Stresses

Hour Eight **Performing & Ordering Tests**
Blood Sugar Regulation
Factors

Hour Nine **Physical Measures**
Thyroid Fatigue
Chronic Stressors
Hormone & Endocrine

Hour Ten Thyroid Function
Organ Reserves
Nutrient & Mineral

Hour Eleven **Physical Measures**
Adrenal Fatigue
Hormone Imbalance
Fatigue of the System

Hour Twelve **Physical Measures**
Recognizing Adrenal Problems
Stable vs. Unstable
Measuring & Managing Stressors
Impact