



**LIFE CHIROPRACTIC  
COLLEGE WEST**

**Chiropractic, Colic and the Microbiome of Children**

**Instructor:** Monika Buerger, DC & Heidi Haavik, BSc (chiropractic), PhD

Sponsored by Life Chiropractic College West

**Summary**

Recent years of research has shown that there is a connection between the gut and the brain. This bi-directional axis is the core of our physical and mental health. The integrity of the microbiome of the mother (MOM) and the microbiome of the baby (MOB) have a profound impact on neurodevelopment as well as the neurobiology of disease.

In this fascinating course, Drs. Haavik and Buerger will walk you through this incredibly important topic using science, application and communication from a chiropractic approach. They will give you hands-on tangible information to implement into your everyday practice care plans.

**Outline:**

Hour 1 - Heidi Haavik, BSc (chiropractic), PhD

This hour will cover the ground-breaking research by Dr. Heidi Haavik, chiropractor and Ph.D., on the impact that chiropractic adjustments have on the brain and central nervous system. Dr. Haavik will share a summary of where we are at today with the neurophysiological understanding of the impact of spinal function on brain function, highlighting what we know from pediatric populations and discussing the limitations of all this research as it relates to other pediatric populations.

Hour 2 - Monika Buerger, BA, DC

This hour will discuss the neurophysiological consequences of chronic limbic drive and the impact on the HPA axis, gut and immune system as related to children's development. It will also address the effects that a chronic neuroadaptive response will have on the microbiome and brain and neuromodulatory effects of chiropractic care.

Hour 3 - Heidi Haavik, BSc (chiropractic), PhD

This hour will specifically address the prefrontal cortex and the impact of the chiropractic adjustment in the context of neurodevelopment. It will also address the connection to the prefrontal cortex and intelligence, movement control, pain processing, mental health, immune system and inflammation.

Hour 4 - Monika Buerger, BA, DC

This hour will address the "MOM", Microbiome of the Mom and the "MOB", Microbiome of the Baby and the association with neurodevelopment and chronic health issues later in life.

Hour 5 - Heidi Haavik, BSc (chiropractic), PhD

This hour will address the clinical evidence about the efficacy of chiropractic care for babies with colic. It will also address the safety literature about chiropractic care for children and babies.

**Postgraduate & Continuing Education**

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Hour 6 - Monika Buerger, BA, DC

This hour will provide “gut rehab” protocols for prenatal and postnatal life to help ensure the healthiest microbiome for mom and baby. Included will be chiropractic care, stress awareness, mindfulness and neuronutritional plans.

**Teaching Methods**

Online synchronous: Live online webinar w/ lecture, slides, video, notes, Q&A, quizzes

Online asynchronous: Recorded online webinar w/ lecture, slides, video, notes, Q&A, quizzes, and email access to instructor