



K H A R R A Z I A N
I N S T I T U T E

Kharrazian Institute – Course Syllabus

Mood and Anxiety Disorders Clinical Strategies and Treatment Applications

Course Title: Mood and Anxiety Disorders Clinical Strategies and Treatment Applications

General Schedule: Livestream on September 24-25, 2022 from 9:00 am – 5:00 pm

Instructor: Datis Kharrazian, PhD, DHSc, DC, MS, MMSc, FACN

Location: Online livestream and on-demand video replays after the livestream

Course Description

This course will provide an extensive literature review of the neurophysiology, neurochemistry, and neuroendocrine-immunology of mood disorders. A detailed review of will be presented of evidence-based lifestyle, dietary, and nutritional applications that may impact mood and anxiety. Evaluation of mood and anxiety disorders in a clinical setting will be presented. The course will emphasize how to develop personalized dietary and lifestyle approaches to support mood disorders.

Learning Objectives:

1. Conduct a comprehensive review of the neurophysiology, neurochemistry, and neuroendocrine-immunology of mood disorders.
2. Present a comprehensive literature review of mood disorders.
3. Review the scientific literature for nutrients, dietary approaches, and lifestyle applications that impact mood and anxiety.
4. Clinical history, physical examination, and laboratory tests to identify risk factors that impact mood and anxiety disorders.
5. Learn to develop an individualized and evidence-based clinical approach to optimize mood with diet, nutrition, and lifestyle strategies.

Mood and Anxiety Disorders – Course Schedule

Day 1

9 am – 10:30 am: Introduction to Mood and Anxiety Disorders

- Review of various types of mood disorders presented in clinical practice
- Clinical limitations and strengths of conventional and alternative medicine clinical models

10:30 am – 11 am: Break

11 am – 12:30 pm: Mood and Anxiety neurology, neurochemistry, and neuroendocrine-immunology

- Review the neurology of mood disorders and anxiety
- Review the neurochemistry of mood disorders and anxiety
- Review how hormones and immune function impact mood pathophysiology

12:30 pm – 1:30 pm: Lunch

1:30 pm – 3 pm: The Physiological Web of Mood and Anxiety Disorders

- Physiological mechanisms that impact neurochemistry
- Vicious cycles involved with mood and anxiety disorders

3 pm – 3:30 pm: Break

3:30 pm – 4:30 Nutraceuticals that Impact Brain Neurochemistry

- Literature review of nutraceuticals that brain neurochemistry

4:30 pm – 4:45 pm: Review of Day 1

4:45 pm – 5 pm: Questions

Mood and Anxiety Disorders – Course Schedule

Day 2

9 am – 10:30 am: Environmental, Dietary, and Lifestyle Risk Factors for Mood and Anxiety Disorders

- Environmental chemicals and infections that impact brain neurochemistry
- Dietary patterns that impact brain neurochemistry
- Lifestyle factors that impact brain neurochemistry

10:30 am – 11 am: Break

11 am – 12:30 pm: How to Clinically Evaluate Mood and Anxiety Disorders

- Medical history and physical examination of mood and anxiety
- Laboratory tests to evaluate mood and anxiety disorders
- Imaging and special studies to evaluate mood and anxiety disorders

12:30 pm – 1:30 pm: Lunch

1:30 pm – 3 pm: How to Clinically Manage Mood and Anxiety Disorders

- How to develop personalized and evidence-based dietary, lifestyle, and nutritional approaches to support mood and anxiety

3 pm – 3:30 pm: Break

3:30 pm – 4:30 pm: Case Studies of Mood Disorders

4:30 pm – 4:45 pm: Review of Day 2

4:45 pm – 5 pm: Day 2 Questions