



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

Kharrazian Institute – Course Syllabus

Chronic Infections Clinical Strategies and Treatment Applications

Course Title: Chronic Infections Clinical Strategies and Treatment Applications

General Schedule: Online Re-play Beginning May 22, 2023

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 pathogen immunology, diagnostic testing, and pathogen pathophysiology. The relationship between chronic infections and their promotion of autoimmune disease, systemic inflammation, and various health disorders will be presented. Emphasis will be placed on optimizing immune function with lifestyle, dietary, and nutritional applications.

Learning Objectives:

1. Present a comprehensive review of pathogen immunology and pathophysiology
2. Present a comprehensive literature review of health conditions impacted by chronic infections
3. Review the scientific literature for nutrients, dietary approaches, and lifestyle applications that impact immune function.
4. Clinical history, physical examination, and laboratory tests to identify chronic infections.
5. Learn to develop an individualized and evidence-based clinical approach to optimize immune function with diet, nutrition, and lifestyle strategies.

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Course Schedule

Part 1

1.5 Hours – Clinical Concepts and Immunology of Persistent Infections

In this session, a detailed review of immunology will be presented. The types of chronic infections, their role in disease development, and chronic outcomes will be discussed. Clinical considerations with chronic infections, such as progression to autoimmunity, systemic inflammation, neurodegenerative diseases, and molecular mimicry, will be reviewed.

1.5 Hours – Chronic Viral Infections

In this session, a comprehensive virology review will be presented. Pathophysiological mechanisms of how viral infections can evade the immune system and how they can turn on the genetic expression of various diseases will be discussed. Laboratory tests to identify chronic infections will be highlighted.

1.5 Hours – Chronic Bacterial Infections and Candidiasis

In this session, a comprehensive bacteriology review will be presented. The role of biofilm in chronic bacterial infections and resistant strains of bacteria are discussed. Laboratory tests and clinical presentation of chronic bacterial infections will be highlighted.

1 Hour – Tick-Borne Infections, Respiratory Mold Illness, and Prion Infections

This session will review the pathophysiology of mold mycotoxin reactivity, tick-borne pathophysiology, and prion pathogen pathophysiology. Appropriate laboratory testing and clinical presentation of tick-borne infections, mold mycotoxins, and prions will be emphasized.

.5 Hours: Review of Day 1; Questions

Part 2

1.5 Hours – Parasites and Chronic Gastrointestinal Pathogens

In this session, a review of parasitic categories and parasite pathophysiology will be conducted. A detailed understanding of mucosal immune responses to intestinal pathogen infections will be highlighted. Appropriate laboratory testing and clinical presentations regarding parasitic infections will be discussed.

1.5 Hours: Clinical Evaluation of Chronic infections

In this session, a detailed approach of how to identify chronic infections with a medical history, physical examination, and laboratory tests will be discussed. Emphasis will be placed on individual risk factors and personalized programs.

1.5 Hours: Treatment Strategies for Chronic Infections

In this session, a detailed approach of how to identify individual risk factors and the steps necessary to develop a personalized preventive medicine plan will be discussed. Emphasis will be placed on optimizing immune function with personalized programs.

1 Hour: Case Studies of Chronic Infections

In this session, chronic infection case studies will be presented. Case studies include chronic viral infection, reoccurring H. pylori infection, and chronic parasitic infection.

.5 Hours: Review of Day 2; Day 2 Questions