

## 21st Century Approach to Musculoskeletal Conditions -- The Gut-Joint Connection

**Robert G. Silverman, DC, DACBN, DCBCN, MS, CCN, CNS, CSCS, CIISN, CKTP, CES, HKC, FAKTR**

Dr. Robert G. Silverman is a chiropractic doctor, clinical nutritionist, and author of *"Inside-Out Health: A Revolutionary Approach to Your Body,"* an Amazon No. 1 bestseller in 2016. The ACA Sports Council named Dr. Silverman "Sports Chiropractor of the Year" in 2015. He also maintains a busy private practice as founder of Westchester Integrative Health Center, specializing in treating joint pain using functional nutrition and cutting-edge, science-based, nonsurgical approaches.

Dr. Silverman is also on the advisory board for the Functional Medicine University and is a seasoned health and wellness expert on both the speaking circuits and the media. He has appeared on FOX News Channel, FOX, NBC, CBS, CW affiliates, and The Wall Street Journal and NewsMax, to name a few. He was invited as a guest speaker on "Talks at Google" to discuss his current book. As a frequently published author in peer-reviewed journals and other mainstream publications, including *Integrative Practitioner, MindBodyGreen, Muscle and Fitness, The Original Internist, and Holistic Primary Care* journals, Dr. Silverman is a thought leader in his field and practice.

The gut-joint connection is one of the most hotly debated topics in chiropractic today. Research surrounding these connections has experienced significant growth recently in incidence, assessment, and recovery. However, the jury is still out as far as the most effective protocols go.

In chiropractic care, we see many patients with joint disorders. Some of our most common musculoskeletal conditions have an autoimmune component to their etiology and may account for their relentless progression and difficulty in treatment. The role of dietary and gut-related pathogens as triggers or exacerbators of joint disorders has been defined. The gut-joint axis is real. Gut-related antigens from bacteria, oral pathogens, and food proteins can play a role in multiple joint disorders, including joint tissue inflammation, tissue autoimmunity, and tissue degeneration. Thus, the importance of intestinal barrier health cannot be emphasized enough. Gut barrier integrity testing, autoantibody assessments, identification of environmental triggers, and intestinal barrier healing and wellness protocols will be presented.

Join Dr. Silverman in this informative 2-hour webinar to gain insight into a comprehensive methodology that incorporates proven protocols into a clinically valuable system—one you can apply to your practice immediately.

### Learning Objectives:

By the end of this presentation, the attendee should understand:

- Connect gut – immune system – joints for better management of chronic joint disorders
- Expertly assess intestinal barrier dysfunctions
- Identify key gut-related triggers of joint disorders
- Ways to keep the gut barrier functioning throughout one's lifetime for healthier living
- Integrate nutritional protocol for concussions
- How to repair essential barriers when they are broken
- Connect gut/immune system to the brain for better management of concussions
- Gain an understanding of the foundational approach to manage pain and inflammation
- Flow-chart explaining laser therapy and its application during the correlated stages of healing
- Building the ultimate back: from chronic back pain to high performance

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**30 min. Dr. Rob's Gut Matrix**

The evolving field of gut health is one of the most exciting developments in Functional Nutrition. In this module, attendees will get a solid understanding of the gut microbiome and its importance:

- New insights into how our microbial community affects health and disease.
- Nutritional strategies for gut health (7R Program).
- Gut reaction: restoring digestive health through nutrition.

**30 min. The human microbiome—new insights into how our microbial community affects health and disease:**

**Assessing antigenic intestinal permeability**

- Epithelial cell damage
- Tight junction breakdown
- Gut dysbiosis
- Systemic LPS infraction
- LPS antibodies vs. levels
- LPS and muscle pain
- Blood-brain permeability markers:
  - Ig + IgA
  - IgM

**1 hr Strategies to initiate the positive impact of gut health on the musculoskeletal system:**

- Basic physiology and nutritional support for a musculoskeletal injury

Medicine's new direction—how injuries to fascia and extracellular matrix are critical components in describing disease etiology

**Intestinal permeability's effect on joint health:**

- Osteoarthritis
- Spinal joints
- Rheumatoid arthritis
- Peripheral nervous system

Biochemical and mechanical pathways are evaluated, and research-oriented nutritional and movement protocols are presented.