

Functional Nutrition and Immunity in Novel Times

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

With the advent of new research and management options surrounding the viral pandemic, many practitioners are deciding how to navigate the best direction to take with their patients.

As the pandemic continues, patients need additional help from clinicians to modify their lifestyle and dietary risk factors and improve their immune defenses. They need support in getting chronic inflammation and autoimmune conditions under control, moving toward a healthier weight (or avoiding additional weight gain), improving their diet, and improving their fitness through increased physical activity. These long-term goals are too late for the current pandemic's first wave, but later waves and new pandemics threaten. Patients who have experienced infection with a novel virus can develop long-lasting inflammation, leading to autoimmune disease and long-hauler syndrome. By helping your patients understand how to improve their immunity and reduce their risk, you give them the tools to enhance their ongoing health.

Join us for an insightful 2-hour presentation with Dr. Robert Silverman, an industry expert. Dr. Silverman will discuss how to navigate this pandemic through multiple phases and share leading-edge protocols for improving patient outcomes. This presentation will cover inflammatory markers, protocols for calming systemic inflammation, optimizing the gut microbiome, and supporting mucosal immunity.

Topics to be covered:

- 1) The influence of healthy microbiota on susceptibility to viral infections
- 2) Functional medicine protocols for immunity
- 3) COVID-19 infection and its association with the lung-gut-brain axis and microbiome dysbiosis
- 4) Discussion of continuing healthy habits, addressing health concerns, and preparing one's health for return to the "new normal."
- 5) Recognize the link between obesity and COVID-19 morbidity and mortality
- 6) Explain the importance of modifying personal lifestyle and dietary risk factors to reduce inflammation and improve immunity
 - a) Protocols for supporting mucosal immunity
 - b) Protocols for calming systemic inflammation
 - c) Protocols for improving natural killer activity
- 7) Recognize the possible rise in autoimmunity and increased inflammatory status following recovery from COVID-19 infection

Natural Approaches to Healthy Immune Functions in a Novel Time

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15 mins The epidemic inside the pandemic

- a) Factors that make us more likely to contract COVID-19
- b) Potential obesity implications and mechanisms in COVID-19
- c) Metabolic syndrome's effect on cardiometabolic health
- d) The effects of obesity on inflammatory cytokine production and insulin resistance

15 mins Autoimmunity and increased inflammatory status following recovery from COVID-19:

- a) Testing options
- b) Autoantibodies
- c) Immune system faults
- d) Development of autoimmune diseases following SARS-CoV-2 infection

15 mins PASC – Long-hauler's syndrome

- a) Neurological symptoms
- b) Fatigue
- c) Loss of taste/smell
- d) Headache
- e) Muscle pain
- f) Tinnitus

15 mins Immune system function

- a) 3 levels of defense against disease-causing organisms:
 - a. Barriers – prevent entry
 - b. Innate immunity – general defect
 - c. Acquired immunity – specific defense
- b) Cytokine storm
- c) Sex differences in immune responses to viral infection

45 mins Immuno-rejuvenation with nutritional protocols

- a) Nutrients for immune system balance
- b) Anti-viral support
- c) Quenching NLRP3 inflammasome

15 mins All disease begins in the leaky gut

- a) How does gut bacteria affect COVID-19 severity

Suggested reading:

- Ye Q, Want B, Mao J. The pathogenesis and treatment of the 'cytokine storm' in COVID-19. *J Infect*, 2020; 80:607-613.
- Castelli V, Cimini A, Ferri C. Cytokine storm in COVID-19: "When you come out of the storm, you won't be the same person who walked in." *Front Immunol*, 2020; 11:2132. doi: 10.3389/fimmu.2020.02132
- Yeoh YK, Zuo T, Lui GC-Y, et al. Gut microbiota composition reflects disease severity and dysfunctional immune responses in patients with COVID-19. *Gut*, 2021; 0[Epub ahead of print]:1-9. doi:10.1136/gutjnl-2020-323030.
- Jain A, Chaurasia R, Sengar NS, et al. Analysis of vitamin D level among asymptomatic and critically ill COVID-19 patients and its correlation with inflammatory markers. *Sci Rep*, 2020; 10(1):20191. doi: 10.1038/s41598-020-77093-z. PMID: 33214648; PMCID: PMC7677378.
- Vojdani A, Vojdani E and Kharratian D. Reaction of human monoclonal antibodies to SARS-CoV-2 proteins with tissue antigens: implications for autoimmune diseases. *Front Immunol*, 2021; 11:617089. doi: 10.3389/fimmu.2020.617089

About the speaker:

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

Dr. Robert Silverman is a chiropractic doctor, clinical nutritionist, national/international speaker, author of Amazon's #1 bestseller, *"Inside-Out Health,"* founder and CEO of Westchester Integrative Health Ctr. The ACA Sports Council named Dr. Silverman "Sports Chiropractor of the Year" in 2015. His extensive list of educational accomplishments includes six different degrees in clinical nutrition.

Dr. Silverman is 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 and a frequent health expert contributor on national blogs such as Consumer Health Digest. He has appeared on FOX News Channel, FOX, NBC, CBS, ABC, The Wall Street Journal, NewsMax. He was invited as a guest speaker on "Talks at Google" to discuss his current book. Dr. Silverman is a thought leader in his field and practice, a frequently published author in peer-reviewed journals and other mainstream publications.

Dr. Silverman was the principal investigator on a Level 1 laser FDA study.

His new book, *Superhighway to Health*, is expected to be published in October 2021.