

## COURSE SYLLABUS

**“Endocrine Mastery:  
Optimizing Thyroid, Adrenal, Blood Sugar,  
Female and Men’s Health” – 12 Hrs  
Presented by Michael Gaeta, DAc, MS, CDN**

**&  
“Ethics, Risk Management, Record Keeping & Board Rules” – 4 Hours  
Presented by Amy Wood, DC**

### DATE/LOCATION:

March 5, 6, 12, 13  
Live, Online Seminar

### TIME:

Each Session: 4:00pm-8:00pm CT

### TUITION:

\$115.00 with CEUs

### **16 Hour Course (including 4 Mandatory hours)**

**Seminar Overview:** The goal of this course is to present an understanding of the endocrine system, which governs all body functions, as an adjunct tool for the overall well-being of the patient. A functional analysis and understanding of the endocrine system will give the chiropractic doctor an enormous amount of information that can add to the spinal/musculoskeletal treatment plan. Learning to assess and support the endocrine system, as an adjunct tool, can improve patient care and whole-being change for the better. This will help the chiropractic doctor enhance their knowledge and clinical experience so they can help their patients really understand what's going with their physiology, and along with musculoskeletal manipulations and nutritional and herbal support to bring them back to a state of true health and wellness.

### **Learning objectives/learning outcomes:**

The chiropractic treatment of the subluxation associated with biochemical imbalances along with the appropriate nutritional support will benefit the Doctor of Chiropractic in achieving and maintaining total optimal health and healing for patients. *“Research at the A.T. Still Institute showed that spinal lesions resulted in pathological changes in the blood, urine, and tissue fluids. Spinal lesions of the atlas and axis (C1 & C2) were associated with abnormal function of the pituitary which resulted in abnormal hormone secretions.”* ***The understanding of the complexity involved and the nutritional support for these imbalances are essential for the Doctor of Chiropractic.***

Holistic nutrition is the adjunctive use of diet and food supplements and is a supportive tool for addressing the biochemical aspect of the physiotherapy. Relying on the perfect testimony of the recurring problem to determine nutritional needs provides chiropractic doctors with reliable information as to what the body needs to achieve a higher level of health and wellness and to optimize movement.

These dynamic systems influence and regulate every cellular and physiological process of the human body. ***The balance of these system is directly associated with the subluxation complex. Toxins and nutritional deficiencies will affect the overall health and balance as well as the structural balance of the individual.*** The chiropractic physician is already well versed in addressing the structural issues for their patients. ***This seminar will give tools for evaluating the nutritional component of the subluxation complex*** as a ***supportive*** tool and as a ***subjective means of analyzing and evaluating the biomechanical condition*** of the subluxation to maximize the healing outcome as each component of the subluxation must be eliminated for proper healing to occur and for the rehabilitation process to be successful.

Vertebral subluxations change the entire health of the body by causing structural dysfunction of the spine and nerve interference. *“...The weight of a dime on a spinal nerve will reduce nerve transmission by as much as sixty percent” – Chang Ha Suh, PhD, Spinal Biomechanics Expert at University of Colorado.*

**Friday, March 5<sup>th</sup>**

**Title: Ethics, Risk Management, Record Keeping & Board Rules**

**Presented by Amy Wood, DC, MCS-P, BA, BS.**

**4:00pm – 4:15pm**

- a) Documentation
  - a. 1997 E&M guidelines
  - b. Medicare
  - c. TBCE Rules

**4:15pm – 4:30pm**

- d. Medical Necessity
- e. ABN
- f. Macra/MIPS

**4:30pm – 4:45pm**

- g. Diagnosis
- h. Treatment Plans rule 77.12
- i. Objective measures

**4:45pm – 5:00pm**

- j. Daily Visits
- k. Re-exams
- l. Therapy
  - a) Rules of 8's
- m. Modifiers

**5:00pm – 5:15pm**

- a) Board Rules/Ethics
  - 1. Consent to release
  - 2. Charging for records

**5:15pm – 5:30pm**

3. Unprofessional conduct 78.1
4. Advertising/ Publicity rule 77.2
5. Disclosure of charges 77.3

**5:30pm – 5:45pm**

6. Misleading Claims 77.4
7. Delegation of Authority 77.5

**5:45pm – 6:00pm**

8. Practice of Chiropractic 78.2
9. Spinal Screenings 78.17

**Break – 6:00pm – 6:15pm**

**6:15pm – 6:30pm**

10. Clinic ownership 73.1 - 73.4
11. Criminal backgrounds 78.3

**6:30pm – 6:45pm**

12. Registration radiology technologist 74.2
13. Student Loans 77.6

**6:45pm – 7:00pm**

**a) Legal**

- a) Anti – Kick Back
- b) Stark Law

**7:00pm – 7:15pm**

- c) ADA

**7:15pm – 7:30pm**

- d) Business Associate agreements
- e) Billing companies

**7:30pm – 7:45ppm**

- f) HIPPA

**7:45pm – 8:00pm**

- g) Review and Q&A

**Saturday, March 6<sup>th</sup>**

**Topic - Optimizing Thyroid, Adrenal, Blood Sugar, Female and Men’s Health”  
Presented by Michael Gaeta, DAc, MS, CDN**

**4:00pm – 4:15pm**

- The Endocrine System – overview and relationships and effect on overall health and wellbeing of the chiropractic patient

**4:15pm – 4:30pm**

- Thyroid Anatomy, Physiology, Hormones – overview and relationships and effect on overall health and wellbeing of the chiropractic patient

**4:30pm – 4:45pm**

- Low thyroid hormone health – recognizing symptoms, types & understanding etiology; assessment as an adjunct tool for the chiropractic doctor

**4:45pm – 5:00pm**

- High thyroid hormone health - recognizing symptoms, types & understanding etiology; assessment as an adjunct tool for the chiropractic doctor

**5:00pm – 5:15pm**

- High thyroid hormone effect and complete assessment as an adjunct tool for the chiropractic doctor

**5:15pm – 5:30pm**

- Tissue Mineral Analysis – introduction, overview, mineral ratios, thyroid assessment and utilizing nutritional and herbal recommendations and understanding how as an adjunct tool along with treatment of the subluxation can have a positive effect on the overall health and wellbeing of the chiropractic patient

**5:30pm – 5:45pm**

- Blood Markers and Thyroid Health - understanding findings and effect on overall health and wellbeing of the chiropractic patient

**5:45pm – 6:00pm**

- Good annual blood work, online lab access, Barnes Thyroid Temperature Test - utilizing and understanding how as an adjunct tool along with treatment of the subluxation can give the chiropractic doctor a better understanding of the overall health and wellbeing of the chiropractic patient

**Break – 6:00pm – 6:15pm****6:15pm – 6:30pm**

- Natural Medicine Support for high and low hormone levels - utilizing nutritional and herbal recommendations and understanding how as an adjunct tool along with treatment of the subluxation can have a positive effect on the overall health and wellbeing of the chiropractic patient

**6:30pm – 6:45pm**

- Dietary Sources of Tyrosine and Iodine and a sluggish thyroid and it's effect on the overall health and wellbeing of the chiropractic patient

**6:45pm – 7:00pm**

- More natural Medicine Support for overactive thyroid hormone levels - utilizing nutritional and herbal recommendations and understanding how as an adjunct tool along with treatment of the subluxation can have a positive effect on the overall health and wellbeing of the chiropractic patient

**7:00pm – 7:15pm**

- Q & A, Wrap Up on Thyroid

**7:15pm – 7:30pm**

- Adrenal Overview, review of Anatomy and Hormones of the Adrenal Cortex and Medulla and relationships and effect on overall health and wellbeing of the chiropractic patient

**7:30pm – 7:45pm**

- Understanding Selye's General Adaptation Syndrome and three phases of adrenal fatigue and its effect on overall health and wellbeing of the chiropractic patient

**7:45pm – 8:00pm**

- Adrenal depletion patterns & signs; Copper toxicity and adrenal fatigue and its effect on overall health and wellbeing of the chiropractic patient

**Friday, March 12<sup>th</sup>****4:00pm – 4:15pm**

- Adrenal testing: Tissue Mineral Analysis (TMA) – introduction, blood vs hair; utilizing and understanding how as an adjunct tool along with treatment of the subluxation can give the chiropractic doctor a better understanding of the overall health and wellbeing of the chiropractic patient

**4:15pm – 4:30pm**

- Understanding TMA mineral ratios, the adrenal ratio, vitality ratio and its effect on overall health and wellbeing of the chiropractic patient

**4:30pm – 4:45pm**

- Adrenal testing: blood; direct-to-patient lab access; salivary hormone analysis; utilizing and understanding how as an adjunct tool along with treatment of the subluxation can give the chiropractic doctor a better understanding of the overall health and wellbeing of the chiropractic patient

**4:45pm – 5:00pm**

- Salivary hormone analysis: what it means and utilizing and understanding how as an adjunct tool along with treatment of the subluxation can give the chiropractic doctor a better understanding of the overall health and wellbeing of the chiropractic patient

**5:00pm – 5:15pm**

- Three home tests for adrenal function; utilizing and understanding how as an adjunct tool along with treatment of the subluxation can give the chiropractic doctor a better understanding of the overall health and wellbeing of the chiropractic patient

**5:15pm – 5:30pm**

- Nutritional adrenal support: the endocrine triad; utilizing nutritional and herbal recommendations and understanding how as an adjunct tool along with treatment of the subluxation can have a positive effect on the overall health and wellbeing of the chiropractic patient

**5:30pm – 5:45pm**

- Specific adrenal nutritional & herbal support; utilizing nutritional and herbal recommendations and understanding how as an adjunct tool along with treatment of the subluxation can have a positive effect on the overall health and wellbeing of the chiropractic patient

**5:45pm – 6:00pm**

- Wrap Up on Adrenal, Additional Resources, Recommended Reading, Next Steps for the chiropractic doctor

**Break – 6:00pm – 6:15pm****6:15pm – 6:30pm**

- Overview of Metabolic Syndromes & insulin resistance, visceral fat and its effect on the overall health and wellbeing of the chiropractic patient

**6:30pm – 6:45pm**

- Obesity, cardiovascular disease and diabetes statistics and its effect on the overall health and wellbeing of the chiropractic patient

**6:45pm – 7:00pm**

- Blood and saliva testing for blood sugar handling - utilizing and understanding how as an adjunct tool along with treatment of the subluxation can give the chiropractic doctor a better understanding of the overall health and wellbeing of the chiropractic patient

**7:00pm – 7:15pm**

- Tissue Mineral Analysis – introduction, overview, mineral ratios, blood sugar assessment - utilizing and understanding how as an adjunct tool along with treatment of the subluxation can give the chiropractic doctor a better understanding of the overall health and wellbeing of the chiropractic patient

**7:15pm – 7:30pm**

- Diet, exercise and metabolic syndrome and its effect on the overall health and wellbeing of the chiropractic patient

**7:30pm – 7:45pm**

- Nutritional and Herbal support for blood sugar balance; utilizing nutritional and herbal recommendations and understanding how as an adjunct tool along with treatment of the subluxation can have a positive effect on the overall health and wellbeing of the chiropractic patient

**7:45pm – 8:00pm**

- Sample combined support recommendations, Q & A, wrap up on blood sugar balance and the chiropractic patient

## **Saturday, March 13th**

### **4:00pm – 4:15pm**

- Overview of female hormone issues and statistics as a means of understanding the overall health and wellbeing of the chiropractic patient

### **4:15pm – 4:30pm**

- Causes of female hormone issues as a means of understanding the overall health and wellbeing of the chiropractic patient

### **4:30pm – 4:45pm**

- Overview of available hormone assessment methods as a referral source and adjunct tool for the chiropractic patient

### **4:45pm – 5:00pm**

- Recommended patient hormone support strategies for the chiropractic patient as an adjunct tool to support the health and overall wellbeing of the patient

### **5:00pm – 5:15pm**

- Overview of male hormone issues and statistics as a means of understanding the overall health and wellbeing of the chiropractic patient

### **5:15pm – 5:30pm**

- Natural Medicine Recommendations for Female & Male Hormone Health; utilizing nutritional and herbal recommendations and understanding how as an adjunct tool along with treatment of the subluxation can have a positive effect on the overall health and wellbeing of the chiropractic patient

### **5:30pm – 5:45pm**

- Understanding the Menopause Stage of the chiropractic patient – Definition, Symptoms and Physiology

### **5:45pm – 6:00pm**

- Understanding the health effects of conventional hormone replacement therapies and its effect on the overall health and wellbeing of the chiropractic patient

### **Break – 6:00pm – 6:15pm**

### **6:15pm – 6:30pm**

- Herbal support for the menopausal patient and utilizing nutritional and herbal recommendations and understanding how as an adjunct tool along with treatment of the subluxation can have a positive effect on the overall health and wellbeing of the chiropractic patient

### **6:30pm – 6:45pm**

- Herbal support continued

**6:45pm – 7:00pm**

- Herbal support continued

**7:00pm – 7:15pm**

- Herbal support continued

**7:15pm – 7:30pm**

- Overview of male hormone issues and statistics as a means of understanding the overall health and wellbeing of the chiropractic patient

**7:30pm – 7:45pm**

- Herbal Therapies for the male patient and utilizing nutritional and herbal recommendations and understanding how as an adjunct tool along with treatment of the subluxation can have a positive effect on the overall health and wellbeing of the chiropractic patient

**7:45pm – 8:00pm**

- Review and Q&A