

**COURSE 1 Outline** - Introduction to the Study of Nutrition, Assessment and Evaluation, Risk Management ( 14 hours)

JUANEE SURPRISE, DC, DCBCN

Objective: This program is intended to provide participants with postgraduate chiropractic education in the discipline of clinical nutrition and functional medicine as it pertains to the spine and the subluxation complex. It will further expand their knowledge from undergraduate education, chiropractic college course work and experience as a licensed doctors of chiropractic. Consultation, examination, diagnosis, documentation and risk management of patients in a chiropractic practice will be covered.

Hour 1 - Introduction and Overview of Nutrition and Functional Medicine – Terms, Abbreviations and Measurements, Government Nutritional Policies and Programs, Supplement Regulations, Federal Guidelines on Physical Activity

Hour 2 – Nutritional Objectives – Iron Deficiency Anemia, Food Security, Weight and Growth, Society and Health

Hour 3 Nutrition Statistics – Mortality and Causes of Death in the US, Medication Rates, Healthcare in the US, Chiropractic,

Hour 4 Nutrition Perspectives – Natural versus Synthetic supplementation, Understanding Organic,

Hour 5 Adequacy of the American Diet – Nutritional Requirements, Nutritional Deficiencies, Impact of Disease and Disease Processes, Genomics

Hour 6 Cultural, Age and Economic Factors in Nutrition – Cultural and Religious Diets, Vegetarian and Vegans, Nutritional Considerations, Suggestions and Supplementation

Hour 7 Clinical Appraisal of Patient Questionnaires and Forms - Nutritional Assessments, Health Systems Questionnaire, Health History, Drug and Nutrient Interactions, Diet History, Digestion Assessment, Review of Systems Questionnaire, Male and Female Systems

Hour 8 Clinical Appraisal of Patient Questionnaires cont – Lifestyle Assessment, Memory Screening, Endocrine, Barnes Temp Chart and Candida Spit Test

Hour 9 – Diet Assessment, Government Diet and Food Programs – Standard American Diet (SAD), Food Pyramid, My Pyramid, My Plate, Popular Diets

Hour 10 - Physical examination of nutritional patient in a chiropractic practice – (Demonstration) Vitals, Anthropometric Evaluation, BMI, Grip Strength

Hour 11 Physical examination cont – Reflexes, Visual Examination of Patient, Hair and Skin Considerations, Ears, Face and Eyes, Lips Gums and Teeth

Hour 12 Risk Management issues: Laboratory Testing, Chiropractic Nutrition Informed Consent, Referrals and Risk Factors

Hour 13 Risk Management Issues cont – Documentation of Finding, Recommendations and Supplementation, Supplement Companies, Vitamin Toxicity,

Hour 14 – Physical examination cont – (Demonstration) Tongue and Nail Diagnosis, Musculoskeletal Considerations, Cardiovascular, Gastrointestinal Exam

2 Hours Risk Management

12 Hours Nutrition

**Reference Materials:** [articles.mercola.com](http://articles.mercola.com), [cdc.gov](http://cdc.gov), [usda.gov](http://usda.gov), [fda.gov](http://fda.gov), [nlm.nih.gov](http://nlm.nih.gov), [pubmed.gov](http://pubmed.gov), [nih.gov](http://nih.gov), [nlm.nih.gov/medlineplus](http://nlm.nih.gov/medlineplus), [niams.nih.gov](http://niams.nih.gov), [umm.edu](http://umm.edu), [foodpyramid.com](http://foodpyramid.com), [choosemyplate.gov](http://choosemyplate.gov), [nutritiondata.self.com](http://nutritiondata.self.com), [drugs.com](http://drugs.com), [doctorsdata.com](http://doctorsdata.com), [gdx.net](http://gdx.net), [diagnostechs.com](http://diagnostechs.com)

Dr. Chi's Tongue and Fingernail Diagnosis, 3<sup>rd</sup> Ed., 2010 Tsu-Tsair Chi, Pub!: Chi Enterprise ISBN: 0-9657847-2-X

The Merck Manual of Diagnosis and Therapy, 19<sup>th</sup> Ed, 2011, Robert S. Porter, Pub!: Wiley. ISBN-13: 978-0911910193

Bates' Guide to Physical Examination and History-Taking, 11th Ed., 2012, Lynn Bickley, Pub!: Wolters Kluwer Health. ISBN- 13: 978-1609137625

Clinical Nutrition A Functional Approach. 2nd Ed, 2004, Dan Lukaczer, Pub!: IFM ISBN-13: 978-0977371327

Clinical Nutrition For Pain, Inflammation And Tissue Healing, 1998, David Seaman, Pub!: NutrAnalysis, Inc. ISBN-13: 978- 0966721102