

Laser Spectrums: Anti-Aging Clinical Strategies for the Brain and Body

Northwestern Health Sciences University

INSTRUCTOR: Kristin Hieshetter, DC

DATE: April 14-15, 2023

LOCATION: Atlanta, GA

FRIDAY

12:00pm – 8:45pm

11:30 AM – 12:00 PM	Registration	
12: PM – 1:15 PM	Understanding Brain Degeneration	(Physio)
1:15 PM – 2:15 PM	Nutrition Impact on Brain Health and Longevity	(Nutrition)
2:15 PM – 2:30 PM	BREAK	
2:30 PM – 3:30 PM	Epigenetics in Prevention of Brain Degeneration	(Physio)
3:30 PM – 4:30 PM	Case Study: MVA Victim Assessment and Treatment	(Exam / Diagnosis)
4:30PM – 4:45 PM	<i>BREAK</i>	
4:45 PM – 5:45 PM	Implications of Chronic Stress on Longevity	(Physio)
5:45 PM – 6:45 PM	Intermittent Fasting Protocols and Benefits	(Nutrition)
6:45 PM – 7:00 PM	BREAK	
7:00 PM – 8:45 PM	The Role of Mitochondrial Energy Production in Longevity	(Physio)

SATURDAY

8:00am – 12:15pm

7:30 AM – 8:00 AM	Registration	
8:00 AM – 9:00 AM	Detoxification, Sauna Benefits, and Sleep Hygiene	(Physio)
9:00 AM – 10:00 AM	Chronic Traumatic Encephalopathy Prevalence in America	(Physio)
10:00 AM – 10:15 AM	BREAK	
10:15 AM – 11:15 AM	Chronic Traumatic Encephalopathy Treatment Protocols	(Exam / Diagnosis)
11:15 AM – 12:15 PM	Case Studies, Hands-On Protocols for Common Clinical Conditions	(Exam /Diagnosis)

6:45 PM – 7:00PM

BREAK

7:00 PM – 8:45 PM

The Role of Mitochondrial Energy Production in Longevity (Physiological
therapeutics)

SATURDAY

8:00am – 12:15pm

7:30 AM – 8:00 AM

Registration

8:00 AM – 9:00 AM

Detoxification, Sauna Benefits, and Sleep Hygiene (Physiological
Therapeutics)

9:00 AM – 10:00 AM

Chronic Traumatic Encephalopathy Prevalence in America (Physiological
Therapeutics)

10:00 AM – 10:15 AM

BREAK

10:15 AM – 11:15 AM

Chronic Traumatic Encephalopathy Treatment Protocols (Exam Procedures/
Diagnosis)

11:15 AM – 12:15 PM

Case Studies, Hands-On Protocols for Common Clinical Conditions (Exam
Procedures/Diagnosis)