

The Pursuit of Health:

Empowering Total Health Awareness

Northwestern Health Sciences University

DATE: July 21-22, 2023

CE HOURS: 12

LOCATION: In-person – Birmingham, AL & Live stream

INSTRUCTORS: Dan Murphy, DC, DABCO; Kristin Heishetter, LAc

Friday, July 21, 2023		12:00 pm – 8:45 pm
Time	Description	Instructor
12:00 pm – 1:00 pm	Clinical Physiology (Principles of Practice/Philosophy) Integrating infection, evolution, immunity, inflammation, fibrosis, blood flow, mitochondria, ATP, oxidative stress, and DNA.	Dan Murphy
1:00 pm – 2:00 pm	Chiropractic for All (Principles of Practice/Philosophy) Integrating mechanical integrity in gravity, weight, load, levers, posture, mechanoreception, mechanotransduction, mechanobiology, tensegrity, neurology, blood flow, and DNA: The 2021 Nobel Prize.	Dan Murphy
2:00-2:15	Break	
2:15 pm – 3:15 pm	Therapeutic Laser in The Human body (Physical Therapy/Physiological Therapeutics) <ul style="list-style-type: none"> • Low-Level Laser fundamentals • Classes of lasers and their medical applications • Hormesis and low-level laser applications • Overview of common clinical conditions amenable to laser care 	Kristin Hieshetter
3:15 pm – 4:15 pm	Epigenetic Influences on Cellular Health (Physical Therapy/Physiological Therapeutics) <ul style="list-style-type: none"> • Neurochemistry and Nutrition • Glycation, degeneration, and aging • Fatty acid ratio implications in human physiology • Baseline supplementation for optimizing brain health 	Kristin Hieshetter
4:15-4:30	Break	
4:30 pm – 5:30 pm	Healthy Diet for All (Nutrition) Integrating high vegetable, low lectin, low glycemic dietary habits. Discussing problems with refined carbohydrates, monosodium glutamate, aspartame, and chemical toxins.	Dan Murphy
5:30 pm – 6:30 pm	Exercise for All (Physical Therapy/Physiological Therapeutics) Integrating high intensity interval training, weightlifting, brain derived neurotrophic factor, human growth hormone, and interleukin-10. Learn the Rule of 180.	Dan Murphy

6:30-6:45	Break	
6:45 pm – 7:45 pm	Gut-Brain Systems in Central Nervous (Adjustive Technique) <p style="text-align: center;">System recovery</p> <ul style="list-style-type: none"> • Traumatic Brain Injury – Case Study • Vertebral Fracture, rib fracture, concussion – Case Study • Enteric Nervous System Interventions • Cranial Protocols 	Kristin Hieshetter
7:45 pm – 8:45 pm	Brain and Biomechanical Connections (Adjustive Technique) <ul style="list-style-type: none"> • Assessment of Pelvic instability • Active and Passive approaches to stabilize sacroiliac joints • Demonstration of evaluation, diagnoses, and clinical concepts • Case Study 	Kristin Hieshetter
Saturday, July 22, 2023		8:00 am – 12:15 pm
Time	Description	Instructor
8:00 am – 9:00 am	Laser Physiology (Basic Sciences) Discuss the biphasic nature of laser photon therapy, wavelength, frequency, speed of light, fluence, penetration, secondary and primary physiological influences.	Dan Murphy
9:00 am – 10:00 am	Low-Level-Lasers for All (Basic Sciences) Integrating the relationship between mitochondria, free radicals, ATP, cytochrome c oxidase enzyme, and laser photon therapy	Dan Murphy
10:00-10:15	Break	
10:15 am – 11:15 am	Brain and Biomechanical Connection (Adjustive Technique) <ul style="list-style-type: none"> • Assessment of temporomandibular joint • Cranial adjusting support for temporomandibular joint • Demonstration of evaluation, diagnosis, and clinical concepts • Case Study 	Kristin Hieshetter
11:15 am – 12:15 pm	Brain and Biomechanical Connection (Adjustive Technique) <ul style="list-style-type: none"> • Cervicogenic headache • Cerebrospinal fluid gradients and the dural pump • Environmental EMF exposure and subsequent risk to the cells • Demonstration or evaluation, diagnoses, and clinical concepts 	Kristin Hieshetter