

The New Paradigm in Functional Health: A Comprehensive Approach to Optimizing Patient Outcomes

Northwestern Health Sciences University

DATE: February 3-4, 2024

LOCATION: Providence, RI

HOURS: 12

INSTRUCTORS: Robert Silverman, DC, DACBN, DCBCN, MS

Dr. Robert Silverman leads you through the latest developments in a comprehensive approach to treatment. Based on new research, you'll learn the value of laser therapy as a stand-alone modality or as a synergistic treatment. Dr. Silverman presents integrative approaches to performance nutrition, essential supplementation, improving immune function, functional assessments, current options for blood testing, and other new protocols that will help you attain superior clinical outcomes.

Dr. Silverman provides a 10-page, take-home algorithm explaining laser therapy and its application during the correlated stages of healing.

Key clinical takeaways:

- Nutritional protocols for immunity
- Hands-on reproducible, implementable protocols for your practice success
- Protocols for the new paradigm to attenuate inflammation.
- Blood chemistry is an effective diagnostic tool to screen for and identify metabolic imbalances.
- Apply neurodynamic tests and corrective laser protocols.
- Strategies to initiate the positive impact of gut health on the musculoskeletal system.
- Building the Ultimate Back: from chronic back pain to high performance
- Acute, sub-acute, chronic, wellness and prevention phases
- New laser research and its clinical applicability

Saturday

8 a.m. – 5:30 p.m.

12:00-1:00 pm

The evolution of laser and its modern usage

(Therapeutic Lasers)

- Effects on pain relief
- A detailed description of the laser's ability to attenuate M/S injuries.
- How it can influence both central and peripheral nervous systems

Laser research and its clinical applications

- Basic anatomy and function of vagus nerve
- Phrenic nerve – its effect on the diaphragm
- Supporting medical necessity with FDA market clearance research

1:00-2:00 pm

Clinical breakthroughs in the treatment of musculoskeletal injuries (hands-on laser demo)

(Therapeutic Lasers)

Anatomy biomechanics of the joint differential diagnosis. Review of causes of injury, ortho/neuro tests, injury treatments, protocols including laser, exercise, rehab, nutrition, taping. Patient case studies for each of the conditions will be reviewed.

2:15-3:00 pm

Functional Medicine and Immunity in Novel Times

(Nutrition)

- Recognizing the link between obesity and COVID-19 morbidity and mortality.
- Modifying personal lifestyle and dietary risk factors to reduce inflammation and improve immunity.
- COVID-19 infection and its association with the lung-gut-brain axis and microbiome dysbiosis

3:00-3:30 pm

Clinical Strategies to Address the Deleterious Effects on PPIs

(Basic Sciences)

- What long-term use of some OTCs can do to the human body?
- Safer, effective alternatives are available for many OTCs.
- Elucidate lifestyle/nutritional protocols to address the deleterious effects of PPIs.

3:30-4:15 pm

Integrating Fasting into Nutritional Protocols

(Nutrition)

Many robust studies now show how fasting can help healthy weight management, aid in diabetes prevention and management, improve cardiovascular health, help manage an autoimmune disease, help protect against neurodegenerative diseases.

- The basic science behind safe and effective fasting
- Blood marker improvements from fasting.
- Nutrition protocols that work in synergy with fasting and cardiometabolic health

4:15-5:45 pm

Building the Ultimate Back: from chronic back pain to high performance

(Physical Therapy/Physiological therapeutics)

- Dispel the myths about how the spine works and becomes injured.
- Reducing the risk of injury
- Rehabilitative exercise and training for performance

5:45-6:30 pm

Dr. Rob's Gut Matrix

(Nutrition)

The evolving field of gut health is one of the most exciting developments in Functional Nutrition. In this module, attendees will get a solid understanding of the gut microbiome and its importance:

- Nutritional strategies for gut health (7R Program).
- Gut reaction: restoring digestive health through nutrition.
- Basic physiology and nutritional support for a musculoskeletal injury

6:30-7:15 pm

Blood chemistry

(Basic Sciences)

Blood chemistry is an effective diagnostic tool to screen for and identify metabolic imbalances. It is also valuable for evaluating how well changes based on Functional Nutrition are working. This section will discuss the functional medicine interpretation of the following blood panels:

- CBC
- Serum electrolytes
- Markers: Blood sugar/insulin, lipid and CVD, inflammatory, and genetic/genomic markers

7:15-8:15 pm

Hands-on and laser workshop

(Therapeutic Lasers)

Algorithms using laser therapy and its application during the correlated stages of healing.

- Symptoms, treatment objectives, frequency, and timing of application
- Case studies
- Neurodynamic tests

Sunday

8 a.m. – 12:15 p.m.

8:00-8:45 am

Traumatic Brain Injuries/Concussions/Brain Health

(Basic Sciences)

- Traumatic brain injuries – Concussions assessments and protocols
- Why More Concussions
- How to Assess a Concussion
- Concussion Rehab
- Hands-on demonstration of rehab and cognitive assessments/treatment for concussion injuries

8:45-9:15 am

Nutritional Protocol for Treating Concussion

(Nutrition)

- Gut to Brain Axis in Concussion
- Assessing Antigenic Intestinal Permeability
- Gut to Brain Axis in Concussion

9:30-12:15 pm

Nutritional protocols for Alzheimer's/Neurodegenerative Disease:

(Nutrition)

- Reversal of cognitive decline
- Protocols: Exercise, Detox for cognitive decline, Sleep, Brain training, and inhibit new inflammation

Practical Clinical Applications: Enhancement of (Brain-Body) Neuroplasticity with Case Studies and Q&A

- Recognize that neuroplasticity plays a fluctuating but important role in health and trauma.
- Identify patients at risk for neurodegeneration and get them on a neuroplasticity program as early as possible.
- Expertly assess intestinal and blood-brain barrier dysfunction for better management of chronic neurological disorders