

MASTERY: An Integrative Approach to Functional Health

Robert G. Silverman, DC, DACBN, DCBCN, MS, CCN, CNS, CSCS, CIISN, CKTP, CES, HKC, FAKTR

Dr. Robert Silverman, the doctor's chiropractic doctor and laser therapy expert, leads you through an innovative demonstration showcasing the power of performance nutrition and conservative therapies on health and movement patterns. Utilizing interactive how-to's, he demonstrates an integrative approach to improved performance and recovery through an enhanced diet and accurate supplementation, laser therapy, functional movement assessment, corrective exercises and more.

To truly improve a patient's health and optimize active lifestyles, we need to understand how systems interact with one another. Dr. Silverman discusses the gut-to-brain axis, with special emphasis on understanding Alzheimer's and treating concussion for faster recovery. **Dr. Silverman will also provide a 10-page, take-home algorithm explaining laser therapy and its application during the correlated stages of healing.**

Join Dr. Silverman in this informative seminar to gain insight into a comprehensive methodology that incorporates proven protocols into a clinically effective system—one you can apply to your practice immediately.

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Dr. Robert G. Silverman is a chiropractic doctor, clinical nutritionist, and author of *Inside-Out Health: A Revolutionary Approach to Your Body* (Lioncrest Publishing, 2016), an Amazon No. 1 bestseller in 2016. The ACA Sports Council named Dr. Silverman "Sports Chiropractor of the Year" in 2015. He maintains a busy private practice as founder of Westchester Integrative Health Center, located in White Plains, NY, which specializes in the treatment of joint pain using functional nutrition along with cutting-edge, science-based, nonsurgical approaches.

Dr. Silverman is a seasoned health and wellness expert on both the speaking circuit and within a wide variety of media outlets. He has appeared on FOX News Channel, FOX, NBC, CBS, CW affiliates as well as The Wall Street Journal and NewsMax, just to name a few. Recently he was invited as a guest speaker on "Talks at Google" to discuss his current book. As a frequent author for *Thrive Global*, *Integrative Practitioner*, *MindBodyGreen*, *Health Radar*, *Muscle and Fitness*, *The Original Internist* and *Holistic Primary Care* journals, *Dynamic Chiropractic*, *JACA*, *ACA News*, *Chiropractic Economics*, Dr. Silverman is a thought leader in his field and practice.

Graduating magna cum laude from the University of Bridgeport College of Chiropractic, Dr. Silverman holds a Masters of Science in human nutrition. His extensive list of educational accomplishments includes designations as a certified nutrition specialist, certified clinical nutritionist, certified strength and conditioning specialist, certified Kinesio® taping practitioner, NASM-certified corrective exercise specialist and a certified sports nutritionist from the International Society of Sports Nutrition. He is also a HardStyle Kettlebell Certified instructor. Silverman is a diplomate with the American Clinical Board of Nutrition and a diplomate with the Chiropractic Board of Clinical Nutrition.

Key clinical takeaways:

- Hands-on reproducible, implementable protocols for your practice success
- Apply neurodynamic tests and corrective laser protocols
- Assess and understand traumatic brain injuries (concussion, neurodegenerative diseases)
- Strategies to initiate the positive impact of gut health on the musculoskeletal system
- Review the pathogenesis of cumulative trauma disorders
- Learn the breakthrough technique for non-invasive fat reduction
- Building the Ultimate Back: from chronic back pain to high performance
- Clinical breakthroughs in the treatment of musculoskeletal injuries
- Flowchart explaining laser therapy and its application during the correlated stages of healing. Acute, sub-acute, chronic, wellness and prevention phases with frequency and timing of applications
- Corrective exercise program
- Expertly assess intestinal and blood-brain dysfunctions
- Demonstrations of laser applications and case studies

Don't miss this exciting opportunity to take your practice to a whole new level! Earn ECUs

Day 1

8:00-9:00 am America's Obesity Epidemic: (Population)

The obesity epidemic now affects more than half of all Americans. The causes are multifactorial, but the primary culprits are:

- Standard American Diet (SAD): too much glucose, too little everything else
- Environmental toxins
- Sedentary lifestyle
- Gluten over-ingestion
- Caloric sweeteners

Pathogenesis of cumulative trauma disorder

- Pathogenesis of the cumulative (repetitive) trauma disorder:
 - Explanation of the effect of successive trauma recurring before complete tissue recovery or adaptation can occur
 - Net result is cumulative trauma
- NMS (neuromusculoskeletal) detonation sequence:
 - Pain dynamic – tight muscle leads to a strain point (which is usually a joint)
 - Discussion of Sherrington's Law of reciprocal inhibition
 - Posture analysis
- Leading to musculoskeletal breakdown at an increasing rate

9:00-10:00 am Laser research and clinical applications: (Other; Research)

10:00-10:15 am Break

10:15-11:45 am Clinical breakthroughs in the treatment of musculoskeletal injuries: (General Clinical)

- Ankle sprain
- Rotator cuff injuries/shoulder impingement
- Plantar fasciitis (Baxter's neuropathy)
- Golfer's/tennis elbow
- Lumbar disc degeneration/sciatica
- Carpal tunnel
- Shin splints
- Hip injuries/labrum
- Knee injuries

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.

11:45-12:15 pm Vagus nerve stimulation: (General Clinical)

- Treatment application and research review

12:15-1:15 pm Lunch

1:15-1:45 pm Building the Ultimate Back: from chronic back pain to high performance: (General Clinical)

- a. Dispel the myths about how the spine works and becomes injured
- b. Reducing the risk of injury
- c. Rehabilitative exercise
- d. Training for performance

1:45-2:15 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:

- New insights into how our microbial community affects health and disease.
- Nutritional strategies for gut health.
- Gut reaction: restoring digestive health through nutrition.

Strategies to initiate the positive impact of gut health on the musculoskeletal system:

- Basic physiology and nutritional support for a musculoskeletal injury
- Medicine's new direction—how injuries to fascia and extracellular matrix are key components in describing disease etiology

2:15-3:15 pm Neurodynamic tests: (General Clinical)

Assessment of sensitivity of whole nervous system and practical breakdown of each nerve with protocols to turn the individual nervous and/or nervous system.

- Assess and treat:
 - Brachial plexus
 - Median nerve
 - Ulnar nerve
 - Radial nerve
 - Sciatica nerve
 - Tibial nerve
 - Lateral plantar nerve
 - Recurrent median nerve

Nerve-flossing exercises – demonstration of exercise that play an integral role in neurological recovery

3:15 – 3:30pm BREAK

3:30-5:30 pm Hands-on and laser workshop: (Other; Research)

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

- Acute-phase
- Sub-acute phase
 - Repair & remodeling
- Chronic
- Wellness
- Prevention
- Up-regulation of peripheral nervous system
- Symptoms, treatment objectives, frequency and timing of application
- Case studies

Day 2

8:00am – 10:00am Traumatic Brain Injuries/Concussions/Brain Health: (General Clinical)

Traumatic brain injuries – Concussions

Traumatic brain injuries are on the rise:

- Research review on treatments for TBI
- Concussion assessments and protocols

Why More Concussions

Diminished brain resilience syndrome:

- Toxins
- Poor dietary fats
- Poor liver function and gut bacteria

How to Assess a Concussion

- What's a concussion?
- 3-grade system
- Signs and symptoms
- Balance assessment:
 - Clinical test of sensory integration of balance

Hands-on demonstration of rehab and cognitive assessments/treatment for concussion injuries

Nutritional Protocol for Treating Concussion

- Feed your concussion: Reviewing nutrition and its role in brain recovery
- Dietary changes required for concussion recovery
- Support for the production of BDNF (brain-derived neurotrophic factor)
- Support for decrease of neurotransmitter substance-P
- Decrease of systemic inflammation
- Brain to gut connection
- GI restoration protocols
- Methylation and concussion

Assessing Antigenic Intestinal Permeability

- Epithelial cell damage
- Tight junction breakdown
- Gut dysbiosis
- Systemic LPS infiltration
- LPS antibodies vs. levels
- LPS and muscle pain

Concussion Rehab

- Proprioceptive training
- Gaze stabilization
- Vestibular oculomotor screen
- Post-concussion syndrome
- Laser motion guidance

10:00am – 10:15am Break

10:15-10:45am. Nutritional protocols for Alzheimer's/Neurodegenerative Disease: (Nutrition)

- a. Reversal of cognitive decline
- b. Protocols:
 - a. Exercise
 - b. Detox for cognitive decline
 - c. Sleep
 - d. Brain training
 - e. Resolve inflammation
 - f. Inhibit new inflammation

10:45-12:15pm Corrective Exercises Program (rehab portion): (General Clinical)

- a. Human movement is examined through specific movement tests
- b. The goal of a corrective exercise program is to locate the body's weak link or faulty movement pattern and improve it through therapeutic exercises. Discover the proper strengthening and stretching exercises that address muscle imbalances evidenced in movement screening
- c. Hands-on approach for corrective exercises
- d. Flowcharts with pictures and descriptions will be given.
- e. Four-part continuum described:
 - i. Inhibitory technique
 - ii. Lengthening technique
 - iii. Activation technique
 - iv. Integration technique
- f. Movement optimization