

Revolutionary Wellness - An Integrative Approach to Health

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

(8 Hour) 2019 Outline

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 a functional approach to improved performance and recovery through an enhanced diet and accurate supplementation, laser therapy, functional movement assessment, corrective exercises and more.

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 the Amazon No. 1 bestseller *"Inside-Out Health: A Revolutionary Approach to Your Body."* As founder of Westchester Integrative Health Center, he maintains a successful private practice which specializes in the treatment of joint pain using functional nutrition along with cutting-edge, science-based, nonsurgical approaches. The ACA Sports Council named Dr. Silverman "Sports Chiropractor of the Year" in 2015.

Dr. Silverman is also on the advisory board for the Functional Medicine University, a diplomate with the American Clinical Board of Nutrition, and a diplomate with the Chiropractic Board of Clinical Nutrition. He is a seasoned health and wellness expert and has appeared on FOX News Channel, FOX, NBC, CBS, and CW affiliates, as well as The Wall Street Journal and Talks at Google. As a frequently published author in peer-reviewed journals and other mainstream publications, including *Thrive Global*, *Integrative Practitioner*, *MindBodyGreen*, *Muscle and Fitness*, *The Original Internist*, *Thrive Global*, *NewsMax*, and *Holistic Primary Care* journals, Dr. Silverman is a thought leader in his field and practice.

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
- ☐ Expertly assess intestinal and blood-brain dysfunctions

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

Saturday **Hours: 8:00-5:30pm**

8:00-8:45am **Pathogenesis of cumulative trauma disorder** **(General Clinical)**

- 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

9:45-10:15am **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.

10:15-10:30am **Break**

10:30-11:00am **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

11:00-11:45am **Inflammation: Balance and Resolution** **(General Clinical)**

Inflammation is the underlying cause of almost every chronic illness. Managing and reducing inflammation through functional nutrition can lead to significant improvements in patient symptoms and wellbeing.

- Inflammation is not a passive process but an active one
- A novel chiropractic approach to resolving and balancing inflammation
- The role of specialized pro-resolving mediators (SPMs) in treating inflammation
- Chiropractic modalities for reducing inflammation and pain

11:45-12:15pm **Neurodynamic tests – assessment of sensitivity of whole** **(General Clinical)**

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

12:15-1:15pm Break

1:15-2:15pm 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
- Non-invasive options for weight loss

2:15-3:15pm Strategies to Improve Body Composition and Reduce Obesity –

(Population)

Functional Nutrition provides many effective strategies for weight loss and improving body composition:

- The value of body composition analysis
- Therapeutic lifestyle modifications: small changes add up
- Dietary modifications: quality foundational nutrition means looking at nutritional value, not calories
- The SAD diet is almost entirely high-glycemic foods that trigger insulin production; use Functional Nutrition to rebalance the diet toward protein and good fats
- Chemicals, not calories: the role of environmental toxins
- Nutritional supplements
- Stress reduction techniques
- The role of physical activity: improving everyday movement and posture

3:15-3:30pm Break

3:30-4:15pm Dr. Rob's Gut Matrix – The evolving field of gut health is one

(Nutrition)

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 (6R Program)
- Gut reaction: restoring digestive health through nutrition

Assessing antigenic intestinal permeability

- Epithelial cell damage
- Tight junction breakdown
- Gut dysbiosis
- Systemic LPS infraction
- LPS antibodies vs. levels
- LPS and muscle pain
- Blood-brain permeability markers:
 - Ig + IgA
 - IgM

4:15-4:45pm The human microbiome—new insights into how our microbial community affects health and disease:

(Nutrition)

- Nutritional strategies for gut health

Gut reaction: restore digestive health through nutrition

4:45-5:30pm

Nutritional Protocol for Treating Concussion

(Nutrition)

- 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
- Methylation and concussion