

# *Revolutionary Wellness: An Integrative Approach to Health*

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

## **Course Description**

Dr. Robert Silverman, the doctor's chiropractic doctor and laser therapy expert, leads you through an innovative two-day program showcasing the power of performance nutrition and conservative therapies on health and movement patterns. Utilizing interactive how-tos, he demonstrates an integrative approach to improved performance and recovery through an enhanced diet and accurate supplementation, laser therapy, functional movement assessment, a patented vagus nerve stimulation, 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 bidirectional link of the gut-to-brain axis, with special emphasis on understanding Alzheimer's, the integrity of the blood-brain barrier 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 *revolutionary* system—one you can apply to your practice immediately.

**Learn today's leading-edge topics and take your practice to another level.**

## **Learning Objectives**

- Complete 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)
- Outline the positive impact of gut health on the musculoskeletal system
- Discuss the pathogenesis of cumulative trauma disorders
- Understand the breakthrough technique for non-invasive fat reduction
- Demonstrate building the Ultimate Back: from chronic back pain to high performance
- Combine clinical breakthroughs in the treatment of musculoskeletal injuries
- Explain laser therapy and its application during the correlated stages of healing.
- Understand Acute, sub-acute, chronic, wellness and prevention phases with frequency and timing of applications
- Prepare corrective exercise program
- Assess intestinal and blood-brain dysfunctions
- Demonstration laser applications and case studies
- Measure science-based clinical protocols for the management of symptoms and conditions
- Review clinical protocols and pearls based on case studies
- Combine information-packed days guaranteed to expand your clinical knowledge
- Outline doctor laser flowcharts and nutritional protocols

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## Learning Objectives

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Dr. Robert Silverman is a chiropractic doctor, clinical nutritionist, national/international speaker, author of the Amazon #1 bestseller *Inside-Out Health*, and founder and CEO of Westchester Integrative Health Center. The ACA Sports Council named Dr. Silverman “Sports Chiropractor of the Year” in 2015. Dr. Silverman is on the advisory board for the Functional Medicine University and is a seasoned health and wellness expert on both the speaking circuits and within the media, as well as a frequent health expert contributor to national blogs such as Consumer Health Digest. His many media appearances include FOX News Channel, FOX, NBC, CBS, ABC, The Wall Street Journal, and NewsMax. He was a guest speaker for Talks at Google to discuss his current book.

A frequent author in peer-reviewed journals and other mainstream publications, Dr. Silverman is a thought leader in his field and practice. He was the principle investigator on a Level 1 laser FDA study. Dr. Silverman’s new book, *Superhighway to Health*, will be published in April 2020.

### 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
- ☐ Elucidate the science of the different types of fasting
- ☐ 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
- ☐ Detailed flowchart explaining laser therapy and its application during the correlated stages of healing
- ☐ New laser research and its clinical applicability
- ☐ Expertly assess intestinal and blood-brain barrier dysfunctions
- ☐ Demonstrations of laser applications and case studies

### Learn science-based clinical protocols for the management of symptoms and conditions such as:

- Traumatic brain injuries/concussion
- Lumbar disc degeneration/sciatica
- Tennis/golfer’s elbow
- Plantar fasciitis
- Ankle sprain
- Peripheral nerve entrapments
- Cell membrane health
- Leaky gut/leaky brain
- Vagus nerve protocol and applicability

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## **Attendees will receive:**

- Clinical protocols and pearls based on case studies
- An up-to-date syllabus with graphics and take-home notes
- An information-packed day guaranteed to expand your clinical knowledge
- Laser flowcharts and nutritional protocols

## **Day 1**

### **8:00-8:30 am America's Obesity Epidemic**

**(Principles of Practice/Philosophy)**

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

Sleep. The missing link to America's health.

### **8:30-9:00 am Pathogenesis of cumulative trauma disorder**

**(Philosophy of Chiropractic)**

- 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 its clinical applications**

**(Research Trends)**

- Anatomy and function of vagus nerve
- Vagus nerve's effects on reduction of inflammation
- Vagus nerve's role in bi-directional communication between the gut/brain axis

#### **Laser**

- How it works
- Long term effects
- Effects on pain relief

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**10:00-10:15 am**      **Break**

**10:15-11:45 am**      **Clinical breakthroughs in the** **(Examination Procedures/Diagnosis)**  
**treatment of musculoskeletal injuries:**

- 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
- Headaches

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**      **The Science of Fasting/Types of Fasting**      **(Principles of Practice/Philosophy)**

The science of fasting has entered the mainstream with a robust number of human studies demonstrating its efficacy for health, and potentially, for longevity.

- Time-restricted fasting
- Intermittent fasting
- Short-term fasting
- Prolonged fasting

**Fasting For:**

- Neurological health
- Weight loss
- Autophagy
- Arthritis
- Blood sugar regulation
- Stem cell release
- Anti-aging/longevity

**12:15-1:15 pm**      **Lunch**

**1:15-1:45 pm**      **Building the Ultimate Back:**      **(Examination Procedures/Diagnosis)**  
**from chronic back pain to high performance**

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

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**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 restoring gut health (7R Program)

**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**

**(Examination Procedures/Diagnosis)**

Learn techniques for assessing the sensitivity of the whole nervous system and practical breakdown of each nerve with protocols to turn on the individual nervous and/or nervous system.

- Assess and treat:
  - Brachial plexus
  - Median nerve
  - Ulnar nerve
  - Radial nerve
  - Sciatic nerve
  - Tibial nerve
  - Lateral plantar nerve
  - Recurrent median nerve
  - Axial nerve
  - Femoral nerve
  - Inferior gluteal nerve
  - Inferior calcaneal nerve
  - Lumbosacral plexus
  - Dural sheath

This module will include demonstrations of nerve-flossing exercises that can play an integral role in neurological recovery

**3:15-3:30 pm**

**Break**

**3:30-5:30 pm**

**Hands-on laser workshop**

**(Adjusting Technique)**

**(includes a 10-page, take-home algorithm)**

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

- Acute-phase
- Sub-acute phase
  - Repair and remodeling
- Chronic
- Wellness
- Prevention
- Up-regulation of peripheral nervous system

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

### **Day 2**

**8:00-10:00 am**

**Traumatic Brain Injuries/  
Concussions/Brain Health**

**(Examination Procedures/Diagnosis)**

### **Traumatic brain injuries and concussion**

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
- Healing the brain-gut connection
- GI restoration protocols
- Methylation and concussion

### **Gut to Brain Axis in Concussion**

- Gut to brain axis: the bidirectional communication flows along neural pathways using signaling molecules including cytokines, hormones and neuropeptides
- Blood test for concussions
- Blood-brain barrier permeability tests

### **Assessing Antigenic Intestinal Permeability**

- Epithelial cell damage
- Tight junction breakdown
- Gut dysbiosis
- Systemic LPS elevation
- LPS antibodies vs. normal levels

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- LPS and muscle pain

### **Concussion Rehab**

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

**10:00-10:15 am**                      **Break**

**10:15-11:15 am**                      **Nutritional Protocols for Alzheimer's/  
Neurodegenerative Disease**

**(Nutrition)**

- Reversal of cognitive decline
- Protocols:
  - Exercise
  - Detox for cognitive decline
  - Sleep
  - Brain training
  - Resolve inflammation
  - Inhibit new inflammation

**11:15-12:15 pm**                      **Corrective Exercises Program  
(rehab portion):**

**(Examination Procedures/Diagnosis)**

- Human movement is examined through specific movement tests
- 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
- Hands-on approach for corrective exercise with laser application
- Flowcharts with pictures and descriptions will be provided.
- Four-part continuum described:
  - Inhibitory technique
  - Lengthening technique
  - Activation technique
  - Integration technique
- Movement optimization