

Revolutionary Wellness: An Integrative Approach to 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-tos, he demonstrates an integrative approach to improved performance and recovery through an enhanced diet and proper 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 particular emphasis on understanding Alzheimer's, the integrity of the blood-brain barrier, and treating concussion for faster recovery.

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.

Take your practice to another level and learn the leading-edge topics of the day

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Dr. Robert Silverman is a chiropractic doctor, clinical nutritionist, national/international speaker, author of Amazon's #1 bestseller *"Inside-Out Health"*, founder and CEO of Westchester Integrative Health Ctr. 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 on national blogs such as Consumer Health Digest. He has appeared on FOX News Channel, FOX, NBC, CBS, ABC, The Wall Street Journal, NewsMax. He was invited as a guest speaker on "Talks at Google" to discuss his current book. A frequently published author in peer-reviewed journals and other mainstream publications, Dr. Silverman, is a thought leader in his field and practice.

Dr. Silverman was the principal investigator on a Level 1 laser FDA study.

Dr. Silverman's new book, *Superhighway to Health*, is expected to be published in January 2021.

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
- Building the Ultimate Back: from chronic back pain to high performance
- Clinical breakthroughs in the treatment of musculoskeletal injuries
- New laser research and its clinical applicability
- Expertly assess intestinal and blood-brain dysfunctions

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

- Traumatic brain injuries/concussion
- Lumbar disc degeneration/sciatica
- Peripheral nerve entrapments
- Cell membrane health
- Leaky gut/leaky brain
- Vagus nerve protocol and applicability

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
- Doctor laser flowcharts and nutritional protocols

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8:30am Registration

9:00-10:00am America's Obesity Epidemic

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.

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
 - The 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

10:00-11:00am Laser research and its clinical applications

- Basic anatomy and function of the 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

11:00-11:15am Break

11:15-12:45pm Clinical breakthroughs in the treatment of musculoskeletal injuries:

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- 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.

12:15-1:15pm Lunch

1:15-1:45pm The Science of Fasting/Types of Fasting

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

How Can Fasting Support Your Health. Fasting For:

- Neurological health
- Weight loss
- Autophagy
- Arthritis
- Blood sugar regulation
- Stem cell release

1:45-2:15pm Building the Ultimate Back: from chronic back pain to high performance:

- 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

2:15-2:45pm Neurodynamic tests – assessment of the sensitivity of the whole nervous system and practical breakdown of each nerve with laser protocols to turn the individual nervous and/or nervous system.

- Assess and treat:

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- Brachial plexus
- Median nerve
- Ulnar nerve
- Radial nerve
- Sciatica nerve
- Tibial nerve
- Lateral plantar nerve
- Recurrent median nerve
- Axial nerve
- Femoral nerve
- Inferior gluteal nerve
- Inferior calcaneal nerve
- Lumbosacral plexus
- Dural sheath

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

2:45-4:00pm Traumatic Brain Injuries/Concussions/Brain Health

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:
 - A 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 a decrease of neurotransmitter substance-P
- Decrease of systemic inflammation
- Brain to gut connection
- GI restoration protocols
- Methylation and concussion

Gut to Brain Axis in Concussion

- Gut to brain axis 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

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

Concussion Rehab

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

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