

Bio-Hack – Longevity through Chiropractic, Lasers, Nutrition & Exercise

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6 Hour

Educational Objectives and Outline

8:30 am – 9:00 am Registration, Breakfast

9:00 am – 10:15 am Cellular Physiology:

1. Epigenetics
2. Inflammation and its detrimental effects in the body
3. Glycation and how it damages the body

10:15 am-10:30 am ~~~~~ 15 MINUTE BREAK

10:30 am – 12:30pm Metabolism

1. Understanding Leptin and its role in physiology
2. Mitochondria as the epicenter of aging and health
3. Using protocols to unblock stalled metabolic pathways

12:30pm – 1:00 pm ~ 30 MINUTE LUNCH BREAK

1:00 pm – 2:30 pm ~ Clinical Use of Lasers

1. hands-on training, first examination utilizing lasers for upregulation
2. Differentiate between Class I, II, IIIA, IIIB and IV lasers
3. Brain health, Sleep Hygiene, Importance of Exercise

2:30 pm – 2:45 pm ~ 15 MINUTE BREAK

2:45 pm – 3:30 pm ~ Case Studies, Nutrition, Detoxification

1. Hands- on nerve root upregulations and protocols
2. The Longevity Benefits of intermittent fasting and Paleo Nutrition
3. Neuroprotective Supplements
4. Detoxification via Sauna and the benefits of various types of sauna

3:30 pm – 4:00 pm ~ Examination