

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, emphasizing understanding Alzheimer's, the integrity of the blood-brain barrier, and treating concussion for faster recovery.

In this informative seminar, join Dr. Silverman will 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 and 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 April 2021.

Key clinical takeaways:

- Hands-on reproducible, implementable protocols for your practice success
- Apply neurodynamic tests and corrective laser protocols
- Strategies to initiate the positive impact of gut health on the musculoskeletal system
- Building the Ultimate Back: from chronic back pain to high performance
- Clinical breakthroughs in the treatment of musculoskeletal injuries
- Improving joint health and reducing pain with laser therapy
- Recognize the possible rise in autoimmunity and increased inflammatory status following recovery from COVID-19 infection
- 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:

- 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**

9:00-9:30am 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 well-being:

- 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

9:30-10:00 am Pathogenesis of cumulative trauma disorder **(Examination Procedures/Diagnosis)**

- 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 **(General Clinical)**

- 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

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

11:00-11:15am Break

11:15-12:45 pm Clinical breakthroughs in the **(Examination Procedures/Diagnosis)** **treatment of musculoskeletal injuries:**

- Ankle sprain
- Rotator cuff injuries/shoulder impingement
- Plantar fasciitis (Baxter’s neuropathy)

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- 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 **Optimal Health and Immunity** **(General Clinical)**

With the advent of new research and protocols surrounding the viral pandemic, many practitioners struggle to understand the etiology and best direction of their patients. As the pandemic continues, patients need support in getting chronic inflammation and autoimmune conditions under control, moving toward a healthier weight or at least avoiding additional weight gain, improving their diet, and improving their fitness through increased physical activity. These long-term goals are too late for the current pandemic's first wave, but later waves and new pandemics threaten. By helping your patients understand how to improve their immunity and reduce their risk, you give them the tools to enhance their ongoing health.

1:45-2:15pm **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

2:15-2:45pm **Neurodynamic Tests** **(Examination Procedures/Diagnosis)**

Assessment of the nervous system's sensitivity and practical breakdown of each nerve with laser protocols to turn the individual nervous and nervous system.

- Assess and treat:
 - 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

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

**2:45-4:00 pm Hands-on and laser workshop
(includes a 10-page, take-home algorithm)**

(Examination Procedures/Diagnosis)

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

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

Hands-on utilizing laser:

- Upper extremity myotomal diagnosis and correction:
 - o Muscle testing C1-T1:
 - Cervical: SCM, levator scapulae, trapezius
 - Thoracic: latissimus dorsi, rhomboid, serratus anterior
 - Shoulder: rotator cuff, deltoid
 - Arm: bicep, tricep
 - Hand: intrinsic flexors and extensors
- Lower extremity myotomal diagnosis and correction:
 - o Muscle testing L1-S1:
 - Spine: erector spinae, multifidi, rotators, quadratus lumborum
 - Sacrum/pelvis: glut ma/med/min, piriformis, psoas
 - Leg: quadriceps, hamstrings
 - Calf: tibialis, gastrocnemius, popliteus, soleus
 - Ankle/foot: peroneus longus/brevis, flexor digitorum longus

Advanced methods to influence the CNS and peripheral nervous system simultaneously for upper and lower regions