

Superhighway to Health

Advanced Protocols for Clinical Success

(12-hour Advanced Seminar)

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2022 Outline

Course Description

Dr. Robert Silverman, the doctor's chiropractic doctor and laser therapy expert, leads you through an innovative demonstration showcasing 35 advanced clinical success protocols. Through innovative, hands-on demonstrations of leading-edge laser technology, he conveys to all experience levels how this approach leads to improved performance and recovery. In addition, Dr. Silverman will share his enhanced nutritional and supplementation protocols, treatment assessments, including vanguard neurodynamic tests, breakthrough treatments for musculoskeletal injuries, and other new techniques that will help you attain superior clinical outcomes.

To truly improve a patient's health and optimize active lifestyles, Dr. Silverman takes his dynamic protocols to the next level. This seminar explores the newest research into the gut-brain axis and the gut-lung axis; you'll learn practical applications for patients with concussion, Alzheimer's disease, SIBO, Lyme disease, and the newly emerging clinical problem of long COVID.

Dr. Silverman will also provide an updated 10-page, take-home algorithm explaining laser therapy and its application during the correlated healing stages.

Join Dr. Silverman in this advanced weekend seminar and gain insight into proven protocols and a clinically effective system you can apply to elevate your practice today.

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

Dr. Robert G. Silverman is a chiropractic doctor, clinical nutritionist, international speaker, and author of *"Inside-Out Health: A Revolutionary Approach to Your Body,"* an Amazon No. 1 bestseller in 2016. The ACA Sports Council named Dr. Silverman "Sports Chiropractor of the Year" in 2015. His extensive list of educational accomplishments includes six different degrees in clinical nutrition. Dr. Silverman also maintains a busy private practice as founder of Westchester Integrative Health Center, specializing in treating joint pain using functional nutrition, low-level laser therapy, and other cutting-edge, science-based, nonsurgical approaches.

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, NewsMax.com. He has appeared on FOX News Channel, FOX&Friends, NBC, CBS, and The Wall Street Journal Live, to name a few.

He was invited as a guest speaker on "Talks at Google" to discuss his current book. As a frequently published author in peer-reviewed journals and other mainstream publications, including *Thrive Global*, *Integrative Practitioner*, *MindBodyGreen*, *Health Radar*, *Muscle and Fitness*, *The Original Internist*, and *Holistic Primary Care* journals, 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 to be published in February 2022.

Learning Objectives

- Expertly assess intestinal and blood-brain barrier dysfunction for better management of chronic neurological disorders
- Learn advanced clinical breakthroughs in the treatment of musculoskeletal injuries
- A flowchart explaining laser therapy and its application during the correlated stages of healing
- Apply neurodynamic tests and advanced corrective laser protocols
- Hands-on reproducible, implementable protocols for your practice success
- Evaluate and understand traumatic brain injuries (concussion, neurodegenerative diseases)
- Assess intestinal and lung microbiomes and implement treatment options to heal broken barriers, reduce inflammation, and stop systemic exposure to bacterial toxins.
- Functional medicine protocols for immune system function
- How to incorporate laser effectively into your practice model
- Learn the breakthrough technique for non-invasive fat reduction
- Explain the benefits of fasting for healthy aging and brain health
- Integrate leading-edge protocols for SIBO and Lyme disease
- Implement vagus and phrenic nerve applications
- Strategies to initiate the positive impact of gut health on the musculoskeletal system
- Clinical protocols and pearls based on case studies

Day 1

8:00-9:00 am

Laser introduction – the evolution of laser and its modern usage

- How it works
- Long term effects
- Effects on pain relief
- A detailed description of the laser's ability to attenuate M/S injuries
- How it can influence both central and peripheral nervous systems

Laser research and its clinical applications

- Basic 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
- Phrenic nerve – its effect on the diaphragm
- Supporting medical necessity with FDA market clearance research

9:00-10:00 am Neurodynamic tests – assess the sensitivity of the whole nervous system and the practical breakdown of each nerve with laser protocols. Includes hands-on demonstration to assess and release nerve-entrapments:

- Assess and treat:
 - Brachial plexus

- Median nerve
- Ulnar nerve
- Radial nerve
- Sciatica nerve
- Tibial nerve
- Lateral plantar nerve
- Recurrent median nerve
- Advanced nerves:
 - Auxiliary nerve
 - Musculocutaneous nerve
 - Femoral nerve
 - Saphenous nerve
 - Lateral femoral cutaneous
 - Sural nerve
 - Lumbosacral plexus
 - Suprascapular nerve

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

10:00-10:15 am Break

10:15-11:15 am Hands-on and laser workshop (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 & remodeling
- Chronic
- Wellness
- Prevention
- Up-regulation of the peripheral nervous system
- Symptoms, treatment objectives, frequency and timing of application
- Case studies

11:15-12:15 pm Clinical breakthroughs in the 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

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.

Advanced:

- Multifidus muscle
- Dural sheath

- Headache
- Broad/round ligaments
- Laser “locomotor lock-in”
- Pudendal neuralgia
- Middle cluneal nerve

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

12:15-1:15 pm Lunch

1:15-2:15pm Advanced protocols

- Problem/cause/solution approach
- Area of involvement, passive/active movement, brain up-regulation
- Duration of laser treatment per area
- Oculomotor (movement) reflexes
- Scar tissue
- Sacrotuberous/dorsal sacral/iliolumbar ligaments
- Neurologically reset muscles
- Gluteal activation
- Hands-on laser treatment

2:15-3:15 pm Functional Medicine and Immunity in Novel Times

Immune system function

- a) 3 levels of defense against disease-causing organisms:
 - a. Barriers – prevent entry
 - b. Innate immunity – general defect
 - c. Acquired immunity – specific defense
- b) Cytokine storm
- c) Sex differences in immune responses to viral infection
- d) All disease begins in the leaky gut
- e) The Gut’s Role in Viral Immunity
- f) PASC – Long-hauler’s syndrome

Autoimmunity and increased inflammatory status following recovery from COVID-19:

- a) Testing options
- b) Autoantibodies
- c) Immune system faults
- d) Development of autoimmune diseases following SARS-CoV-2 infection

Role of the Gut-Lung Axis in Immunity (advanced)

3:15-3:30 pm Break

3:30-4:30 pm Dr. Rob’s Gut Matrix

The evolving field of gut health is one of the most exciting developments in Functional Nutrition. In this presentation, 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 (7R 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

It's all connected

- Gut to brain axis
- Brain to gut axis
- Lab tests to assess gut and brain barrier compromise
- Vagus nerve laser stimulation
- Sympathetic/parasympathetic balance – red/violet light

Laser Therapy for Gut-Brain Axis

- Research review of LLLT on TBI
- LLLT decreases brain inflammatory markers
- Traumatic brain injury and intestinal dysfunction
- Vagus nerve stimulation for gut barriers
- Blood test for concussions

Integrate laser, chiropractic technique, and nutrition to promote healing along the gut-brain axis.

4:30-5:30 pm SIBO – Small Intestinal Bacteria Overgrowth

- Signs and symptoms
- Nutritional protocols for 3 Phases of Care for SIBO
- Dietary recommendations
- Factors that protect against SIBO
- SIBO prevalence with TBI patients

Lyme Disease

- Signs and symptoms
- Which the most accurate diagnostic tests are
- Nutritional protocols and laser application for reducing symptomology of Lyme disease (advanced)
- Dietary protocols for Lyme disease

Day 2

8:00-9:30 am 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 the decrease of neurotransmitter substance-P
- Decrease of systemic inflammation
- Brain to gut connection
- GI restoration protocols
- Methylation and concussion

Blood Tests for Concussions/Neurodegenerative Disease

- Blood-brain permeability markers: IgG, IgA, IgM
- ApoE testing and the significance

9:30-10:30 am Nutritional protocols for Alzheimer's/Neurodegenerative Disease:

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

10:30-10:45 am Break

10:45-11:30 am 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

11:30-12 pm Laser therapy and nutrition for cell membrane health

- Laser therapy photons' effect on permeability to cellular photochemical reaction (absorbed into mitochondria), and its effects – ATP
- Nutrition for cell membrane – explains the importance and pathways of omega-3 fatty acids vs. omega-6, and the importance of GLA and alpha-lipoic acid for cell membrane health

12:00-12:30 pm How to incorporate laser into your practice model:

- History and explanation of laser research, physiology, and application

Summary, case studies, and doctor-submitted case studies to be addressed

Q & A

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