

# Laser Spectrums: Anti-Aging Clinical Strategies for the Brain and Body

Northwestern Health Sciences University

INSTRUCTORS: Kristin Hieshetter, DC

Fri 12:00-8:45pm & Sat 8:00-12:15pm

This new 12-hour course provides the biochemical and metabolic clinical strategies for anti-aging to protect the brain and the body. Dr. Hieshetter has a solid foundation in understanding brain degeneration and traumatic injury and provides you with protocols to benefit your patient base. By cohesively combining low-level laser, nutrition, and clinical protocols for your diverse cohort of patient ages and conditions, you will have the clinical confidence to transform your practice.

Seize the opportunity to become a leader in the healthcare industry during the wellness revolution! Learn how to guide your patients to activate their epigenetic potential, change their lives quickly, and, most often effortlessly, set your patients on the road to health.

This eye-opening course gives providers the strategies to transform their practice in today's wellness revolution!

## Course Objectives

1. Utilize exercise and movement to reconnect the brain, rewiring deficits contributing to clinical symptoms and presentation.
2. Assess adolescents and young adults for chronic traumatic encephalopathy (CTE)
3. Identify risk factors for CTE
4. Identify long term conditions associated with chronic stress
5. Understand benefits of intermittent fasting
6. Discover protocols for prevention of CTE and implement them clinically on patients
7. Explain a mastery of the mechanism of action of low-level laser therapy and effectively communicate this process to patients.
8. Identify early warning signs of brain deterioration in adults of a wide age range
9. Identify key biomarkers implicated in neurodegenerative disorders
10. Integrate multiple modalities to offset the neurometabolic cascade of brain degeneration
11. Demonstrate how to stack therapies in a clinical setting for common diagnoses management
12. Create clinical protocols for detoxification, photobiomodulation and supplementation
13. Utilize brain-based movements to treat patients of all ages.
14. Identify neurological deficits via retained reflexes, absent reflexes, or abnormal movement patterns.
15. Understand how to confidently assess pediatric patients

## FRIDAY

12:00pm – 8:45pm

11:30 AM – 12:00 PM	Registration	
12: PM – 1:15 PM	Understanding Brain Degeneration	(Physiological Therapeutics)
1:15 PM – 2:15 PM	Nutrition Impact on Brain Health and Longevity	(Nutrition)
2:15 PM – 2:30 PM	BREAK	
2:30 PM – 3:30 PM	Epigenetics in Prevention of Brain Degeneration	(Physiological Therapeutics)

3:30 PM – 4:30 PM	Case Study: MVA Victim Assessment and Treatment (Exam Procedures/ Diagnosis)
4:30 PM – 4:45 PM	BREAK
4:45 PM – 5:45 PM	Implications of Chronic Stress on Longevity (Physiological therapeutics)
5:45 PM – 6:45 PM	Intermittent Fasting Protocols and Benefits (Nutrition)
6:45 PM – 7:00PM	BREAK
7:00 PM – 8:45 PM	The Role of Mitochondrial Energy Production in Longevity (Physiological therapeutics)

## SATURDAY

8:00am – 12:15pm

7:30 AM – 8:00 AM	Registration
8:00 AM – 9:00 AM	Detoxification, Sauna Benefits, and Sleep Hygiene (Physiological Therapeutics)
9:00 AM – 10:00 AM	Chronic Traumatic Encephalopathy Prevalence in America (Physiological Therapeutics)
10:00 AM – 10:15 AM	BREAK
10:15 AM – 11:15 AM	Chronic Traumatic Encephalopathy Treatment Protocols (Exam Procedures/ Diagnosis)
11:15 AM – 12:15 PM	Case Studies, Hands-On Protocols for Common Clinical Conditions (Exam Procedures/Diagnosis)