

HEALTH & ENDURANCE:

A STRATEGIC ROADMAP TO LONGEVITY & WELLNESS

Presented by Dan Murphy, DC, DABCO & Andre Camelli, DC

Learning Objectives

- Assess America's Health by identifying the primary healthcare issues in America today
- Breakdown the Essential Eight factors/habits that improve health, reduce the risk of health problems that would otherwise require provider interventions
- Summarize Mechanical Integrity - the importance of mechanical integrity with an emphasis on inflammation, fibrosis, and mechanical neurology
- Breakdown photobiology & low-level laser and how it applies to office visit
- Outline the importance of blood flow as the key component of human physiology, with an emphasis on mitochondrial ATP production
- Summarize the importance of the mitochondria in health and disease and discuss the relationship between the mitochondria, free radicals and ATP
- Summarize & evaluate the importance of ATP in human physiology
- Learn key physiological functions of ATP
- Support the relationship between mitochondria, free radicals, ATP, cytochrome c oxidase enzyme, and laser photon therapy through basic sciences
- Integrate biphasic nature of laser photon therapy, wavelengths, amperage, penetration, secondary and primary physiological influences
- Differentiate scientifically based laser applications of diverse nanometers for introductory and advanced patient applications
- Discover protocol for brain function: trauma, degenerative, vascular
- Demonstrate protocol for chronic low back pain
- Apply protocol for acute whiplash
- Integrate protocol for scar tissue and the fibrosis of repair
- Integrating low-level lasers to improve ATP and lactic acid thresholds.
- Apply high intensity interval training & weightlifting to improve ATP and lactic acid thresholds
- Demonstrate treatment versatility through workshops
- Summarize laser research and explain where trends are heading

Saturday

8:00 – 9:00 a.m. - Clinical Physiology (Principles of Practice/Philosophy)

Integrating infection, evolution, immunity, inflammation, fibrosis, blood flow, mitochondria, ATP, oxidative stress, and DNA.

Chiropractic for All (Philosophy of Chiropractic)

Integrating mechanical integrity in gravity, weight, load, levers, posture, mechanoreception, mechanotransduction, mechanobiology, tensegrity, neurology, blood flow, and DNA.

9:00 – 10:00 a.m. - Healthy Diet for All (Nutrition)

Integrating high vegetable, low lectin, low glycemic dietary habits.

Discussing problems with refined carbohydrates, monosodium glutamate, aspartame, and chemical toxins.

10:00 – 10:15 a.m. – Break

10:15 – 11:15 a.m. - Low-Level-Lasers and Cellular Interactions (Basic Sciences) (Dr. Andre Camelli)

Integrating the relationship between mitochondria, free radicals, ATP, cytochrome c oxidase enzyme, and laser photon therapy

11:15 – 12:15 p.m. - Exercise for All (Physical Therapy)

Integrating high intensity interval training, weight lifting, brain derived neurotrophic factor, human growth hormone, and interleukin-10.

12:15 – 1:15 p.m. – Lunch

1:15 – 2:15 p.m. - Laser Physiology (Basic Sciences)

Discuss the biphasic nature of laser photon therapy, wavelength, frequency, speed of light, fluence, penetration, secondary and primary physiological influences.

2:15 – 3:15 p.m. - Low-Level-Lasers for All (Basic Sciences)

Integrating the relationship between mitochondria, free radicals, ATP, cytochrome c oxidase enzyme, and laser photon therapy

3:15 – 3:30 p.m. – Break

3:30 – 4:30 p.m. - Supplements for All (Nutrition)

Review why all people need between 5-8 different supplements and why.

Gut Protocol (Basic Sciences)

Protocol for influencing immunology and the brain through the intestinal tract; integrating the vagus nerve and the nucleus tractus solitarius.

4:30 – 5:30 p.m. - Exercise (Physical Therapy)

(Dr. Andre Camelli)

Integrating Low level laser to improve ATP and lactic acid thresholds. Applying high intensity interval training, weight lifting, brain derived neurotrophic factor, human growth hormone, and post exercise oxygen consumption.

Sunday

8:00 – 9:00 a.m. - Brain Protocol (Basic Sciences)

Protocol for brain function; integrating trauma, degenerative, and vascular compromise.

Low Back Pain Protocol (Basic Sciences)

Protocol for chronic low back pain; integrating the disc, posture, adjustment and exercise.

9:00 – 10:00 a.m. - Whiplash Protocol (Basic Sciences)

Protocol for acute whiplash; integrating controlled motion and anti-inflammation.

Fibrosis/Scar Protocol (Basic Sciences)

Protocol for remodeling scar tissue and the fibrosis of repair.

10:00 – 10:15 a.m. – Break

10:15 – 11:15 a.m. - Upper Extremity Evaluation and Treatment Workshop (Dr. Andre Camelli)

- Orthopedic testing and functional assessment **(Adjustive Technique)**
- Functional evaluations, and how to use those for outcomes assessments for common injuries like rotator cuff, pitcher's elbow, CTS
- Low Force adjusting techniques and instrument adjusting techniques
- Soft tissue techniques with a percussor and also manually
- Low Level Laser techniques
- Workshop

11:15 – 12:00pm - Lower Extremity Evaluation and Treatment Workshop (Dr. Andre Camelli)

- Orthopedic testing and Function Assessment **(Adjustive Technique)**
- Functional evaluations, and how to use those for outcomes assessments for common injuries like plantar fasciitis, low back pain, disc degeneration, and chronic knee pain.
- Low Force adjusting techniques and instrument adjusting techniques
- Soft tissue techniques with a percussor and also manually
- Low Level Laser techniques
- Workshop

12:00 – 12:15pm - Question and Answer Session