

The New Paradigm in Functional Health: A Comprehensive Approach to Optimizing Patient Outcomes

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

In this new 12-hour weekend presentation, Dr. Robert Silverman, the doctor's chiropractic doctor and laser therapy expert, leads you through the latest developments in a comprehensive approach to treatment. Based on the plethora of quality new research, you'll learn the value of laser therapy as a stand-alone modality or as a synergistic treatment that fits perfectly into your chiropractic armamentarium. In his dynamic presentation, Dr. Silverman presents integrative approaches to performance nutrition, essential supplementation, improving immune function, functional assessments, current options for blood testing, and other new protocols that will help you attain superior clinical outcomes.

Also included is Dr. Silverman's new paradigm for neurodynamic testing, along with extensive hands-on demonstrations, highlighted by his patented method for vagus nerve stimulation. This seminar explores how systems interact, including the bidirectional gut-brain 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 provide a 10-page, take-home algorithm explaining laser therapy and its application during the correlated stages of healing.

Join Dr. Silverman in this illuminating seminar and gain insight into a comprehensive methodology that incorporates proven protocols into a clinically integrated system—one you can apply to your practice immediately.

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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.

Key clinical takeaways:

- Understand the effect of bacterial toxins originating in the gut on the gut-brain axis as key to neurological disorders' pathogenesis
- Nutritional protocols for immunity

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- Hands-on reproducible, implementable protocols for your practice success
- Protocols for the new paradigm to attenuate inflammaging
- Summarize the basic science behind safe and effective fasting
- Blood chemistry is a highly effective diagnostic tool to screen for and to identify metabolic imbalances
- Apply neurodynamic tests and corrective laser protocols
- Assess and understand traumatic brain injuries (concussion, neurodegenerative diseases)
- 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
- A flowchart explaining laser therapy and its application during the correlated stages of healing. Acute, sub-acute, chronic, wellness and prevention phases with frequency and timing of applications
- New laser research and its clinical applicability
- Expertly assess intestinal and blood-brain dysfunctions
- Demonstrations of laser applications and case studies

Learn science-based clinical protocols for the management of symptoms and conditions such as:

- Traumatic brain injuries/concussion
- Lumbar disc degeneration/sciatica
- Tennis/golfer's elbow
- Plantar fasciitis
- Ankle sprain
- 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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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 Clinical breakthroughs in the treatment of musculoskeletal injuries (hands-on laser demo):

- 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
- 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.

10:00-10:15 am Break

10:15-11:00 am Functional Medicine and Immunity in Novel Times

- Recognizing the link between obesity and COVID-19 morbidity and mortality.
- The importance of modifying personal lifestyle and dietary risk factors to reduce inflammation and improve immunity.
- Recognizing the possible rise in autoimmunity and increased inflammatory status following recovery from COVID-19 infection.
- Increasing awareness of possible long-hauler syndrome in post-COVID patients.

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- COVID-19 infection and its association with the lung-gut-brain axis and microbiome dysbiosis
- Effective treatments for post-COVID inflammation and long-hauler syndrome

11-11:30 am Clinical Strategies to Address the Deleterious Effects on PPIs

- Why it is essential to identify daily OTC medication use in your patients
- What long-term use of some OTCs can do to the human body
- Safer, effective alternatives are available for many OTCs
- How to educate patients on the dangers of long-term use of OTCs and grow your practice
- Elucidate lifestyle/nutritional protocols to address the deleterious effects of PPIs

11:30-12:15 pm Integrating Fasting into Nutritional Protocols

The science of fasting has entered the mainstream and has become an integral part of functional Nutrition. Many robust studies now show how fasting can help healthy weight management, aid in diabetes prevention and management, improve cardiovascular health, help manage an autoimmune disease, help protect against neurodegenerative diseases.

In this segment, attendees will learn the basic science behind fasting and understand how fasting can help patients achieve their health goals.

- Why fasting has significant health benefits
- The basic science behind safe and effective fasting
- Blood marker improvements from fasting
- Different fasting modalities
- Nutrition protocols that work in synergy with fasting and cardiometabolic health

12:15-1:15 pm Lunch

1:15-1:45 pm Building the Ultimate Back: from chronic back pain to high performance:

- 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

1:45-2:30 pm Dr. Rob's Gut Matrix

The evolving field of gut health is one of the most exciting developments in Functional Nutrition. In this module, 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.

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Strategies to initiate the positive impact of gut health on the musculoskeletal system:

- Basic physiology and nutritional support for a musculoskeletal injury
- Medicine's new direction—how injuries to fascia and extracellular matrix are critical components in describing disease etiology

2:30-3:15 pm **Blood chemistry**

Blood chemistry is an effective diagnostic tool to screen for and identify metabolic imbalances. It is also valuable for evaluating how well changes based on Functional Nutrition are working. This section will discuss the functional medicine interpretation of the following blood panels:

- CBC
- Inflammatory markers
- Serum electrolytes
- Liver markers
- Blood sugar/insulin markers
- Lipid and CVD markers
 - LDLR receptor
 - Cholesterol particle size
 - Remnant particles
 - Oxidized LDL particles
 - Lp(a)
 - MPO
- Genetic/genomic markers

Cardiometabolic Disorders: Untangling Complex Conditions

Prediabetes, diabetes, high blood pressure, and heart disease are inextricably connected. To effectively treat these complex conditions, we need to look at the root causes and examine pathology that often begins early in life.

- Genetic inheritance
- Dietary Influences
- Environment
- Dietary Changes
- Physical Activity
- Lifestyle Therapy
- Detoxification

Case studies/lab reviews

3:15-3:30 pm **Break**

3:30-5:30 pm **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

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- Repair & remodeling
 - Chronic
 - Wellness
 - Prevention
 - Up-regulation of the peripheral nervous system
- Symptoms, treatment objectives, frequency and timing of application
- Case studies

Neurodynamic tests – assessing the sensitivity of the whole nervous system and practical breakdown of each nerve with laser protocols to turn the individual nervous and/or 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

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

Day 2

8:00-9:30 am Traumatic Brain Injuries/Concussions/Brain Health

Traumatic brain injuries – Concussions

Traumatic brain injuries are on the rise:

- A 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

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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 decrease of neurotransmitter substance-P
- Decrease of systemic inflammation
- Brain to gut connection
- GI restoration protocols
- Methylation and concussion

Gut to Brain Axis in Concussion

- Gut to brain axis bidirectional communication flows along neural pathways using signaling molecules, including cytokines, hormones, and neuropeptides
- Blood test for concussions
- Blood-brain barrier permeability tests

Assessing Antigenic Intestinal Permeability

- Epithelial cell damage
- Tight junction breakdown
- Gut dysbiosis
- Systemic LPS infraction
- LPS antibodies vs. levels
- LPS and muscle pain

Concussion Rehab

- Proprioceptive training
- Gaze stabilization
- Vestibular oculomotor screen
- Post-concussion syndrome
- Laser motion guidance

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

- a. Reversal of cognitive decline
- b. Protocols:
 - a. Exercise
 - b. Detox for cognitive decline
 - c. Sleep

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- d. Brain training
- e. Resolve inflammation
- f. Inhibit new inflammation

10:30-10:45 am **Break**

10:45-11:45 am **Practical Clinical Applications for Enhancement of (Brain-Body) Neuroplasticity**

- Recognize that neuroplasticity plays a fluctuating but important role in health and trauma.
- Identify patients at risk for neurodegeneration and get them on a neuroplasticity program as early as possible.
- Understand the effect of bacterial toxins originating in the gut on the gut-brain axis as key to neurological disorders' pathogenesis.
- Expertly assess intestinal and blood-brain barrier dysfunction for better management of chronic neurological disorders

A Functional Approach to the Blood-Brain Barrier in Health and Trauma

11:45-12:15 pm **Case Studies and Q & A**