

PROACTIVE HEALTH

- LITERATURE REVIEWED & PROTOCOLS SIMPLIFIED-

Presented by Dan Murphy, DC, DABCO & Kirk Gair, DC, I.D. E.

Friday, 3:00-7:15pm EST & Saturday, 10:00-7:30pm EST

Friday

2:30-3:00pm Registration

3:00-4:45pm Laser Myths and Misconceptions vs Objective Realities. Is the "Science Settled?" (Dr. Kirk Gair) (Research Trends)

- Modern Research since the 1960s, and it's use as state standard medical care in Russia since 1974 and their findings for best wavelengths and powers.
- Lasers vs NSAIDS and Opioids and laser superiority in long term results
- What conditions peer reviewed research has shown laser to be effective for, and what are the wavelength, and frequencies with the best outcomes to create 20 FDA clearances for visible wavelength low powered lasers
- What is the difference between violet, green, red, and infrared lasers
- Depth of penetration vs signaling cascades and electron transport. How this can cause the violet laser to have the furthest reaching impacts on tissues and why
- The latest research on lasers, including how some wavelengths have enough energy per photon to trigger electrons to jump to higher energy states and create millions of reactions
- Where the research is going: Autism, Parkinson's, Alzheimer's, Low Back, etc.
- How do we know it's not just a placebo? Case studies with fractures, athletes, and animals.

4:45-5:00pm Break

5:00-6:30pm Traumatic Brain Injuries, Neurodegeneration, and Long Covid (Dr. Kirk Gair) (History Taking & Physical Exam)

- Review of current research studies showing the cellular effects to provide support for TBI and neurodegenerative conditions.
- How long Covid is affecting patient's brain function, body pain, and quality of life
- Research showing how the spike protein triggers auto immunity in some patients, and how you can provide support with laser protocols, nutritional, and supplemental protocols to improve quality of life and function.
- Evaluation techniques and questionnaires
- Nutritional red flags for patients at risk of concussions from sports or for patients recovering from concussions
- How to recognize early signs of CTE and neurodegeneration and what to do for it.
- Research on low level laser support protocols for children with autism, dyslexia, ADHD.
- Review of case studies from Dr Gair's patients ranging from mild TBI to severe and the treatment protocols
- Review of nutritional support protocols for brain injuries, and dysfunction like autism, Parkinson's, Alzheimer's, etc.
- Review of supplemental protocols

6:30-7:15pm Protocol Workshop (Dr. Kirk Gair)

(Adjustive Technique)

- Balance assessment
- Gait assessment
- How to recognize signs of auto immune reactions in the brain
- Eye movement assessment
- Functional Assessments: math processing, word processing, memory
- Vagus nerve protocols
- Laser protocols

Saturday

9:30-10:00am Registration

10:00-11:00am Clinical Physiology (Dr. Dan Murphy) (Principles of Practice/Philosophy)
Integrating infection, evolution, immunity, inflammation, fibrosis, blood flow, mitochondria, ATP, oxidative stress, and DNA.

11:00-12:00pm Chiropractic for All (Dr. Dan Murphy) (Philosophy of Chiropractic)
Integrating mechanical integrity in gravity, weight, load, levers, posture, mechanoreception, mechanotransduction, mechanobiology, tensegrity, neurology, blood flow, and DNA:

12:00-1:00pm Lunch

1:00-2:00pm Healthy Diet for All (Dr. Dan Murphy) (Nutrition)
Integrating high vegetable, low lectin, low glycemic dietary habits.

Discussing problems with refined carbohydrates, monosodium glutamate, aspartame, and chemical toxins.
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2:00-3:00pm Exercise for All (Dr. Dan Murphy) (Physical Therapy/Physiological Therapeutics)
Integrating high intensity interval training, weight lifting, brain derived neurotrophic factor, human growth hormone, and interleukin-10.

3:00-3:15pm Break

3:15-4:15pm Laser Physiology (Dr. Dan Murphy) (Basic Sciences)
Discuss the biphasic nature of laser photon therapy, wavelength, frequency, speed of light, fluence, penetration, secondary and primary physiological influences.

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4:15-5:15pm Low-Level-Lasers for All (Dr. Kirk Gair) (Basic Sciences)
Integrating the relationship between mitochondria, free radicals, ATP, cytochrome c oxidase enzyme, and laser photon therapy

5:15-5:30pm Break

5:30-6:30pm Cervical and Upper Extremity Injuries and How to Recalibrate and Reset the nervous system with the accelerate recovery and enhance performance (Dr. Kirk Gair) (Adjustive Technique)

- Research studies on cervical spine, shoulder injuries, elbow, and carpal tunnel and low-level laser therapy
- Muscle assessment techniques
- Case studies from Dr Gair's Patients

Cervical and Upper Extremity Protocol Workshop (Dr. Kirk Gair) (Adjustive Technique)

- How cervical movements affect muscle strength and laser protocols to recalibrate and reset
- Laser shoulder protocols, elbow, and hand protocols
- Percussor techniques and Adjustor tool techniques for these conditions

6:30-7:30pm Lumbar spine and Lower Extremity Injuries and How To Recalibrate and Reset the nervous system to accelerate recovery and enhance performance (Dr. Kirk Gair) (Adjustive Technique)

- Research studies on lumbar spine, hip, knee, and ankle injuries and low-level laser therapy
- Muscle assessment techniques
- Case studies from Dr Gair's Patients

Lumbar and Lower Extremity Protocol Workshop (Dr. Kirk Gair) (Adjustive Technique)

- How lumbar movements affect muscle strength and laser protocols to recalibrate and reset
- Laser low back, hip, knee, and ankle protocols
- Gait reset protocols
- Balance protocols
- Percussor techniques and Adjustor tool techniques for these conditions