

# WHOLE BODY HEALTH

## - A COMPREHENSIVE REVIEW & PRACTICAL SOLUTIONS FOR TODAY'S TOP HEALTHCARE TRENDS -

Date: May 20 - 21, 2023  
Hours: 12  
Location: Las Vegas, NV (Live Stream or In Person)  
Instructors: Dan Murphy, DC, DABCO & Rob Silverman, DC, MS, DABCN, DCBCN

### SATURDAY

8am – 5:30pm

- 8:00 – 9:00 a.m. - (Dan Murphy)**      **Clinical Physiology (Basic Sciences)**  
Integrating infection, evolution, immunity, inflammation, fibrosis, blood flow, mitochondria, ATP, oxidative stress, and DNA.
- 9:00 – 10:00 a.m. - (Dan Murphy)**      **Chiropractic for All (Basic Sciences)**  
Integrating mechanical integrity in gravity, weight, load, levers, posture, mechanoreception, mechanotransduction, mechanobiology, tensegrity, neurology, blood flow, and DNA. The 2021 Nobel Prize
- 10:00 – 10:15 a.m. –**      **Break**
- 10:15 a.m. – 11:15 a.m. - (Dr. Rob Silverman)**      **Hands-on Workshop (includes a 10-page, take-home algorithm) (Exam Procedures/ Diagnosis)**  
Algorithms using laser therapy and its application during the correlated stages of healing
- o Acute phase
  - o Sub-acute phase (Repair and Remodeling)
  - o Chronic
  - o Wellness
  - o Prevention
  - o Up-regulation of the peripheral nervous system
    - Symptoms, treatment objectives, frequency, and timing of application
    - Case studies
- 11:15 a.m. – 12:15 p.m. – (Dr. Rob Silverman)**      **Dr. Rob's Gut Matrix (Nutrition)**  
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.
  - Photobiomimics and laser gut applications
  - Vagus Nerve and hands-on demonstrations
- 12:15 – 1:15 p.m. –**      **Lunch**
- 1:15 p.m. – 2:15 p.m. - (Dr. Rob Silverman)**      **Longevity (Basic Sciences)**
- Lifespan vs. healthspan
  - Chronological vs. biological age
  - Muscle mass/sarcopenia

- Strengthening the “organ of longevity”
- Lifestyle hacks
- Hormones, lifestyle and longevity
- Hands-on laser protocols for:
  - Muscle mass
  - Mitochondrial proficiency
  - Nervous system re-balancing

**2:15 p.m. – 3:15 p.m. -  
(Dr. Dan Murphy)**

**Health Diet for All (Nutrition)**

Integrating high vegetable, low lectin, low glycemic dietary habits. Discussing problems with refined carbohydrates, monosodium glutamate, aspartame, and chemical toxins.

**3:15 – 3:30 p.m. –**

**Break**

**3:30 – 4:30p.m. -  
(Dan Murphy)**

**Exercise for All (Basic Sciences)**

Integrating high intensity interval training, weightlifting, brain derived neurotrophic factor, human growth hormone, and interleukin-10. Learn the Rule of 180

**4:30-5:30p.m. –  
(Dan Murphy)**

**Laser Physiology (Basic Sciences)**

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

**SUNDAY**

**8am – 12:15pm**

**8:00 – 9:00 a.m. -  
(Dan Murphy)**

**Low Level Lasers for All (Basic Sciences)**

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

**9:00 – 10:00 a.m. -  
(Dr. Rob Silverman)**

**Personalized healthcare/ nutritional supplementation/ metabolic management (Exam Procedures/ Diagnosis)**

- 93% of Americans are metabolically unhealthy
- 75% of Americans are overweight/obese
- Personalize and individualize your patient protocols
- Nutritional support for metabolic management

**10:00 – 10:15 a.m. –**

**Break**

**10:15 – 11:15 a.m. -  
(Dr. Robert Silverman)**

**Functional Medicine and Immunity in Novel Times (Exam Procedures/ Diagnosis)**

- Recognizing the link between obesity and COVID-19 morbidity.
- Modifying personal lifestyle and dietary risk factors is essential to reduce inflammation and improve immunity.
- Recognizing the possible rise in autoimmunity and increased inflammatory status following recovery from COVID-19 infection.
- Effective treatments for post-COVID inflammation and long COVID syndrome
- Hands-on laser application for immunity and long COVID syndrome

**11:15 – 12:15 p.m. -  
(Dr. Rob Silverman)**

**Hands-on demonstration of rehab and cognitive assessments/ treatment for concussion injuries (Exam Procedures/ Diagnosis)**

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

**Practical Clinical Applications for Enhancement of (Brain-Body) Neuroplasticity**

- Recognize that neuroplasticity plays a fluctuating but essential role in health and trauma.
- Identify patients at risk for neurodegeneration and get them on a neuroplasticity program as early as possible.