

The Pursuit of Health

Empowering Total Health Awareness

Dan Murphy, DC, DABCO & Kristin Hieshetter, DC

Friday, 12:00-8:45pm CST & Saturday, 8:00-12:15pm CST

Friday

11:30-12:00pm Registration

12:00-1:00pm Clinical Physiology (Dr. Dan Murphy) (Principles of Practice/Philosophy)

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

1:00-2:00pm 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:

The 2021 Nobel Prize.

2:00-2:15pm Break

2:15-3:15pm Therapeutic Laser in The Human body (Dr. Kristin Hieshetter) (Physical Therapy/Physiological Therapeutics)

- Low-Level Laser fundamentals
- Classes of lasers and their medical applications
- Hormesis and low-level laser applications
- Overview of common clinical conditions amenable to laser care

3:15-4:15pm Epigenetic Influences on Cellular Health (Dr. Kristin Hieshetter) (Physical Therapy/Physiological Therapeutics)

- Neurochemistry and Nutrition
- Glycation, degeneration, and aging
- Fatty acid ratio implications in human physiology
- Baseline supplementation for optimizing brain health

4:15-4:30pm Break

4:30-5:30pm 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.

5:30-6:30pm 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.

Learn the Rule of 180.

6:30-6:45pm Break

**6:45-7:45pm Gut-Brain Systems in Central Nervous (Dr. Kristin Hieshetter) (Adjustive Technique)
System recovery**

- Traumatic Brain Injury – Case Study
- Vertebral Fracture, rib fracture, concussion – Case Study
- Enteric Nervous System Interventions
- Cranial Protocols

7:45-8:45pm Brain and Biomechanical Connections (Dr. Kristin Hieshetter) (Adjustive Technique)

- Assessment of Pelvic instability

- Active and Passive approaches to stabilize sacroiliac joints
- Demonstration of evaluation, diagnoses, and clinical concepts
- Case Study

Saturday

8:00-9:00am 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.

9:00-10:00am Low-Level-Lasers for All (Dr. Dan Murphy) (Basic Sciences)

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

10:00-10:15am Break

10:15-11:15am Brain and Biomechanical Connection (Dr. Kristin Hieshetter) (Adjustive Technique)

- Assessment of temporomandibular joint
- Cranial adjusting support for temporomandibular joint
- Demonstration of evaluation, diagnosis, and clinical concepts
- Case Study

11:15-12:15pm Brain and Biomechanical Connection (Dr. Kristin Hieshetter) (Adjustive Technique)

- Cervicogenic headache
- Cerebrospinal fluid gradients and the dural pump
- Environmental EMF exposure and subsequent risk to the cells
- Demonstration or evaluation, diagnoses, and clinical concepts