

Addressing Endothelial Dysfunction and Dyslipidemia to Improve Immune Resiliency

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Course Title

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Course Description

Immune dysfunction is rampant in our society. Recent events have put a spotlight on how deficits in immune function can threaten human health. Improving immune function involves addressing several fundamental underlying metabolic imbalances; one of those is cardiovascular disease.

Cardiovascular disease is the leading cause of death in the US and globally. In addition to being the two main drivers of cardiovascular disease, dyslipidemia and endothelial dysfunction also play a key role in our immune response.

In this seminar, we will begin by highlighting the connection between immune health, endothelial dysfunction and dyslipidemia and how the spike protein from SARS-CoV-2 as well as current vaccination strategies can cause or exacerbate endothelial dysfunction and dyslipidemia. Then we'll focus on specific nutritional and lifestyle modifications that can significantly improve both cardiovascular disease risk as well as immune function. Providers will leave the seminar with the knowledge and protocols needed to effectively address dyslipidemia and endothelial dysfunction in order to substantially improve cardiovascular disease risk and immune resiliency.

Learning Objectives

- Understand how endothelial dysfunction and dyslipidemia can cause or exacerbate cardiovascular disease and impact the immune response.
- Understand how to address endothelial dysfunction and dyslipidemia using diet, supplemental support and lifestyle therapies to improve cardiovascular disease risk and immune resiliency.

Hourly Outline

Hour 1

- How endothelial dysfunction and dyslipidemia impact cardiovascular function
- Testing strategies to assess cardiovascular disease risk

Hour 2

- How dyslipidemia and endothelial dysfunction impact immune function

- The impact of the spike protein on endothelial function and blood lipid metabolism

Hour 3

- How to improve cardiovascular disease risk and immune function by addressing dyslipidemia and endothelial dysfunction using functional testing, targeted nutrition, supplementation and exercise.
- Q & A