

Chiropractic Society of Wisconsin Conference – October 2024

- 4 hour conference in-person in Wisconsin

Title: Brain Health and Performance - Natural Fundamentals

Hour 1: Introduction, The History of Studying the Human Brain and Definitions

This hour focuses on introducing Drew Detzner and the work he does, giving a history of brain research, and defining key words. Specifically, we will cover:

- Schooling and Clinical experience of Drew Detzner.
- The research on ancient foods used to support brain function.
- Associations and correlation between the nutrients historically used to support brain function and modern research
- Key words that are often misused and misunderstood, on the topic of brain health and performance.

Hour 2: Plants that nourish the brain

This hour focuses on plants that contain naturally occurring brain support nutrients. Specifically, we will cover:

- What plants nourish the brain.
- Optimal ways to ingest these plants.
- Different studies confirming the benefits of these plants.
- What plants to avoid due to negative impact on the brain.

Hour 3: Fats and Proteins for the brain

In this hour we will describe the importance of fats and proteins for brain function and performance. Specifically, we will cover:

- Optimal fats and their sources.
- Non-optimal fats and their sources.
- Optimal proteins and amounts to consume.
- Why fats and proteins are critical for brain health and performance.
- Myths and misunderstandings about fats/proteins and brain health and performance.

Hour 4: Vitamins and Minerals for optimal brain health and performance

In this hour we will discuss the importance of vitamins and minerals for brain health and performance. Specifically, we will cover:

- Critical vitamins (B's, C, and E) and minerals (Calcium, Magnesium, Sodium, Phosphorus, Selenium, and Iodine).
- Symptom specific correlations to vitamins and minerals.
- Studies on the impact vitamins and minerals have on cognitive tests.
- Understanding what vitamins and minerals do in the brain.