

## **SEMINAR TWO**

**Eight 75-minute sessions = 600 minutes total**

### **SESSION 1 - The Large Intestine and Functions of the Colon**

- The Ileocecal Valve and Appendix
- The Intestinal Flora – Microbiome
- Prebiotics and Inulin

### **SESSION 2 - Nutrient Absorption and Liver Functions**

- Lipid Absorption
- Carbohydrate Digestion and Absorption
- Protein Absorption
- Abdominal Palpation

### **SESSION 3 – Consequences of Inadequate Digestion and Leaky Gut**

- Digestive Leukocytosis
- The Mucosal Barrier
- Circulation Immune Complexes
- Indicanuria – Indicator of Bowel Toxicity
- Irritable Bowel Syndrome

### **SESSION 4 - Inflammatory Response and Immune Suppression**

- Sedimentation Rate and C-Reactive Protein
- The Effect of Aspirin on fatty acid metabolism
- Using pancreatin, trypsin, chymotrypsin, and bromelain
- Vitamins A, B6, C, D, E, and K for inflammation
- Using plant enzymes

### **SESSION 5 - Acid-Base Balance and the Autonomic NS**

- Symptoms of Alkaline and Acid mineral deficiencies
- Recognizing Autonomic Imbalance Syndromes
- Chart of Autonomic Effects
- The Enteric Nervous System

### **SESSION 6 - Endocrine System**

- Macronutrient Requirements of the following:
- Anterior Pituitary
- Thyroid
- Adrenal Medulla and Cortex
- Male and female reproductive organs

### **SESSION 7 - Urinalysis – Pathology Screening**

- Hair and Saliva Testing

### **SESSION 8 - Review – 75 Minutes**