

SEMINAR ONE

Eight 75-minute sessions = 600 minutes total

SESSION 1 – Introduction to Nutritional practice for a Doctor of Chiropractic

- Determining the need for dietary modification and supplementation
- Defining various types of published nutritional studies
- Biological Organization and Embryonic development
- The Internal Environment – delivery of nutrients and waste removal
- Vital Signs and recognition of energy deficiency and nutrient need

SESSION 2 – The Nutrient Chain

- Essential Definitions and Relationships of Macronutrients
- **Protein: Primary Metabolite** – maintains homeostasis
- 2nd source of energy
- Used for Growth and Repair of Tissues
- Symptoms of Deficiency

SECTION 3 – Carbohydrates - Primary Source of Energy

- Carbohydrate Requirements
- Effect of Carbohydrate Reduction in the Diet
- Carbohydrate Intolerance
- Symptoms of Deficiency
- Fiber Guidelines

SECTION 4 – Lipids - Emergency Source of Energy

- Functions of Lipids
- Symptoms of Lipid Deficiency
- Omega 3 – Omega 6 – Eicosanoids
- Metabolic Fatty Acid Pathways
- Cell Membranes

SECTION 5 – Stress

- Recognizing nutritional stress - exhaustion of energy
- The Stress Response
- Sympathetic Stimulation and Exhaustion

SECTION 6 - Normal Gastric Digestion

- Normal Gastric Digestion
- Saliva and Pre-Digestion
- The Role of Stomach Acid
- Antacids, PPI's and H2 Blockers

SECTION 7 - Digestion in the Duodenum

- Biliary System and Pancreatic Secretions
- Jejunal Secretions and Absorption

SECTION 8 - Review - 75 minutes