

Lakeside Chiropractic Seminars, Inc.

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Nutritional Concepts for Today's Chiropractor: Nutritional Concepts, Pain, Inflammation. Antioxidants, and Nutrition and the Neuromusculoskeletal System

License Renewal, CE hours: 12 hours
CCSP hours: 12 hours

Course Objective

To understand how nutrition can improve the neuromusculoskeletal system. To learn the relationships between skeletal, muscular and neurological disorders and nutrition.

I. Basic Clinical Nutrition Concepts, Pain, and Inflammation

- a) Basic nutritional concepts
- b) Free Radicals and Antioxidants
- c) Pain
- d) Inflammation

II. Nutrition and the Neuromusculoskeletal System

- a) Skeletal: Osteoporosis
- b) Arthritis (Osteoarthritis, Rheumatoid, Gout, SLE)

III. Muscular

- a) Muscular Dystrophy
- b) Tendonitis
- c) Cramps, Soreness, strains/sprains

IV. Neurological

- a) Carpal Tunnel
- b) Neuralgia
- c) MS
- d) Headaches
- e) Parkinson's
- f) Depression
- g) Dementia
- h) Anxiety