

Become the “Wellness Expert”

The Art, Science, and Principles in Applying a Simple, Effective, and Systematic Approach to Chronic Diseases: Unraveling the Gordian Knot of Chronic Diseases*

*The Gordian Knot is the legend of Phrygian Gordium is associated with Alexander the Great and used as a metaphor for disentangling an “impossible” knot solved **easily** by **thinking outside the box** (“cutting the Gordian knot”).

SEMINAR/WORKSHOP OVERVIEW

The initial session will be limited to 10 participants so that adequate attention may be given to developing an effective online program. I will be recording the sessions with Real practitioners going through the same materials you will see online. You will learn how to incorporate a nutrition-oriented examination as part of a comprehensive history, review of symptoms, examination, appropriate laboratory testing, report of findings, etc.

As an online participant you will have the opportunity to come to one of my clinics and do a hands-on session during scheduled times at NO additional charge. So you won't be left in cyberspace wondering how to put it all together. We will do hands-on history, examination and laboratory tests. We will discuss real cases and cover cases you may be stuck on.

SEMINAR/WORKSHOP OBJECTIVE

That practitioner's feel empowered to begin, improve or expand a Functional Medicine Practice with confidence. Participants will be guided through a systematic approach to develop effective procedures and protocols. Effective methods to evaluate, assess, and utilize innovative nutritional therapeutic options will be taught for the successful management of chronic health conditions and support improved health outcomes. By **thinking outside of the box** the practitioner will be able to “unravel” the mystery of “The Gordian Knot” of chronic disease management simply and effectively.

LEARNING OBJECTIVES FOR PRACTITIONER

1. The practitioner will understand the approach needed to effectively manage chronic diseases from the initial phone call to the release to maintenance care.
2. The practitioner will be able to identify the clinical utility of various nutrients and treatment options.
3. The practitioner will feel confident in the management of chronic diseases!
4. The practitioner will expand his/her tools available for addressing patients' metabolic, functional and biochemical issues.

WHAT WILL THE PRACTITIONER RECEIVE?

1. The confidence to tackle chronic disease.
2. Patient procedures from beginning to end. The practitioner will receive both a printed and modifiable digital copy saving the practitioner hours in creating the forms. Just add your clinic information. Forms include: initial phone contact, intake forms, informed consent forms, protocol sheets, etc. Allows for easy and rapid initiation.
3. Modifiable PowerPoint presentations for Report of Findings, patient lectures and lectures for the general public. Topics include: male and female hormones, cancer, thyroid, stress, etc.
4. Templates for: Public Service Announcements, newspaper articles, staff meetings, etc.
5. Follow-up consultations for patient questions and implementation strategies.

WHY ALL OF THIS FOR ONLY \$395

Simply because I want to see practitioners have a successful practice of their dreams! Anyone who has been to one of my seminars before knows that sharing what I have learned from mentors I have been blessed to is my passion!

Health Kaizen Clinical Mentorship Program

A 12 Step Program to Transform your Practice the Kaizen Way.

- Study and learn at your own pace.
- At the end of each module the salient points will be highlighted with clear action steps.
- Appropriate handouts will be in a pdf format for easy download and print.

MODULE 1 – CHRONIC DISEASE OVERVIEW

Introduction to chronic diseases – “Treatment Resistance” Why have they become so prevalent and difficult to treat; Unraveling the Gordian’s Knot of chronic disease.

- The differences in Acute vs Chronic diseases in assessment and treatment.
- Treating Symptoms vs. Getting at The Cause!
- Chronic disease
 - Morbidity and Mortality burden
 - Overview of etiology (epigenesis, toxins, diet, lifestyle, viral loads, mycoplasma infections, bacterial loads, heavy metals, stress, inflammation, etc.)
- The “Wellness Revolution”
 - What it is.
 - What it is not.
- Why “Standard” or “Traditional” protocols no longer seem to work.
 - Treatment Resistance
 - A One-size-fits-all approach is no longer effective
- Why a change in the Healthcare Paradigm is needed
 - Getting our patients to understand this basic concept
- What is needed for change
 - Doctor
 - Patient

MODULE 2 – PURPOSE AND MAKING YOUR PLAN FOR CHANGE

Purpose – Possibly the most important step in establishing the practice of your dreams!

- Purpose and the importance in developing a plan
- How can you know where you are going if you don't know what it is you want
- ROAD TRIP: **R**eaching **O**ur **A**ttainable **D**ream practice
- Taking the appropriate steps to incorporating the plan
- Getting your staff excited about your practice

MODULE 3 – WHERE TO BEGIN

The importance of Symptom Surveys, Blood Chemistry, Specialty Labs, In-Office Tests,

- Symptom surveys overview
- Intro to In-Office testing
- Use of Laboratory findings
- Intro to Blood chemistry

MODULE 4 – THE PAPERWORK

In this module we will go over all the proper paperwork for a functional medicine practice from the initial phone call to release to maintenance care.

- Copies and templates of all forms will be provided
- Initial phone call, intake forms, Informed consents, etc to maintenance care summaries

MODULE 5 – INCORPORATING A NUTRITIONAL ORIENTED EXAMINATION

- Performing a "WOW" history, examination and Report of Findings
- Introduction to Chapman Reflexes
- The components of a Wellness Nutritional Examination

MODULE 6 – ETIOLOGIES OF AND MITIGATION OF CHRONIC DISEASE – PART 1

Etiologies of Chronic Disease with Discussion of each:

- Microbiome
- What is it?
- How does it affect health?
- Assessment of microbiome and digestion
- Effective treatment protocols.

MODULE 7 – ETIOLOGIES OF AND MITIGATION OF CHRONIC DISEASE – PART 2

- Blood sugar dysregulation
 - What is it and what causes it
 - How to identify it
 - How to mitigate and manage it
- Mitochondria
 - Why are they so important to health to Optimizing Health
 - Effective strategies and nutritional support for improved mitochondrial health

MODULE 8 – ETIOLOGIES OF AND MITIGATION OF CHRONIC DISEASE – PART 3

Epigenesis (including methylation) overview

- What it is and how it affects Chronic Disease Management
- Overview of the five pathways
- Hypo vs hypermethylation
- End products of methylation
- Strategies and protocols to improve “Genetic Expression”

MODULE 9 – ETIOLOGIES OF AND MITIGATION OF CHRONIC DISEASE – PART 4

Etiologies of Chronic Disease with Discussion of each (cont.)

- Diet and lifestyle factors
 - How certain foods negatively affect the microbiome
 - Nutritional and lifestyle recommendations and strategies
- Stress
 - The physiology of stress and its effects on health
 - Treatment protocols to mitigate the negative effects of stress on the body
- Bacterial loads
 - What are they and how do they affect the health of the individual
 - Effective treatment protocols
- Mycoplasma infections
 - What are they and how do they affect the health of the individual
 - Effective treatment protocols
- Viral loads
 - What are they and how do they affect the health of the individual
 - Effective treatment protocols
- Parasitic infections
 - Role they play in chronic diseases
 - Effective treatment protocols
- Environmental toxins
 - What are they and how do they affect the health of the individual.
 - Effective treatment protocols.

- Heavy metals
 - What are they and how do they affect the health of the individual.
 - Effective treatment protocols.

MODULE 10 – UTILIZING IN-OFFICE LABORATORY TESTING METHODS

Utilizing In-Office laboratory and testing methods in evaluation of the patient

- When and how to utilize.
- The information to be gained from such testing.
- The testing to be covered includes:
 - The Coca pulse test to evaluate potential food sensitivities
 - Introduction to a carbohydrate “Sensitivity” test
 - Indican test to evaluate bowel toxicity
 - Koenisburg’s test to evaluate adrenal health
 - Measuring urinary sulfate levels and the value of it
 - Utilizing urinary dipsticks effectively
 - The use of the Sulkowicz test for calcium levels
- Measuring urinary vitamin C levels
 - Measuring salivary Nitric Oxide levels and the value of.

MODULE 11 – PUTTING IT ALL TOGETHER

Making sense of it all.

- What to do with the information from your patient’s history, symptom survey, examination, in-office lab test and blood chemistry; what does it all mean and now what?

MODULE 12 – CASE STUDIES

Utilizing all of the above in the treatment of specific conditions utilizing actual case presentations.

- I will be presenting some of more difficult cases and go through the reasoning behind my clinical decisions. We will cover; Autoimmune Disorders, Methylation Free Radical Pathology, Thyroid, etc.