Nutrition and Supplement Strategies for Stress, Pain and Inflammation

Hour by Hour Course Outline

Presented By: Jeff Lavell, DC

**Title:** Nutrition and Supplement Strategies for Stress, Pain and Inflammation

**Instructor:** Jeff Lavell, DC

**Course objective:** This course is designed to help health care providers develop understanding and treatment objectives for utilizing whole food nutrition to influence the pain and inflammation.

**Statement of Purpose:** My purpose is to provide materials and understanding to help the provider be able to educate their patient as well as establish basic treatment parameters to help their patients in practice immediately upon completion of this course.

**Overview of Course:** This course will take the provider on a journey to deeper understanding regarding whole food nutrition and ways to utilize it based upon the current literature to influence the pathways that involve stress, pain and inflammation. During the four hours of learning via power point, printed material, lecture and video the provider should learn strategies that they can implement into their practice immediately to become better adapt to provide assistance to their patients. Common areas of concern and potential road blocks with their patients will be discussed. Once complete the provider will have excellent basic knowledge regarding utilizing whole food nutrition and supplementation in their practice as well as other areas to further study if interested.

**Course Outline and Hour By Hour Breakdown**

**Hour One:**

• Prevalence of pain and stress dysfunction in the general population.

• Common treatments available from traditional providers, how alternative providers can bridge this gap.

• Common causes of inflammation, relation of obesity, diet, and stress.

• Resolution phase and it’s role in chronic inflammation.

**Hour Two:**

• Pathways for inflammation: Prostaglandins, Leukotrienes.

• Cortisol and adrenal stress pathways relation to inflammation.

• Endocannabinoid system (ECS) and it’s relation to inflammation.

• NSAIDs and their role in inflammation.

• Dietary changes to help control these pathways.

**Hour Three:**

• Herbs to utilize to help mitigate inflammation and stress.

• Role of enzymes in inflammation and their use in practice.

• Prostaglandin inhibitors to help promote healing and help patients get better faster.

• Pain and pathways involved to implement in practice.

• Herbs that support pain reduction.

**Hour Four:**

• Labwork and functional testing to help you to know where to start with your patients. How to properly interpret the labs to help you in your search to discovering what is wrong with your patients.

• Putting it all together in regards to helping your patients with these strategies, case examples and methods to enhance your care. Protocols to begin in your practice the very next day.

• Q & A