

## About The Speakers' Lectures

**Dr. Stacey J. Bell – *The Anti-Inflammatory Diet: What to Consider*** – Acute inflammation is the cornerstone of many ailments that brings a patient to a chiropractor, but there is also chronic inflammation, which is the root cause of most age-related comorbidities. Many patients seeing a chiropractor have both acute and chronic inflammation that affects the spine. Being overweight or obese causes the body to release inflammatory compounds, which do not subside until weightloss occurs, even with concomitant dietary manipulations. It has been shown that to control inflammation weight loss needs to occur first, followed by consumption of an anti-inflammatory diet. Amelioration of chronic inflammation requires a dietary pattern that reduces excess body fat and contains anti-inflammatory foods. A prudent, nutrient-dense, whole-foods diet satisfies both criteria. The purpose of this review is to provide evidence-based information about dietary patterns, foods, and nutrients that promote improved spinal health. Included is a simple rating system to determine the inflammatory impact of a food or meal.

**Dr. Robert Boyd ND, CNS® – *Another Piece to the Puzzle: How Neurotrophin Function Can Inform Clinical Decision Making*** – Neurotrophin function is an important piece of the clinical picture which should not be overlooked, especially when routine testing can identify these SNPs and inform clinical decisions. During this presentation, we will review how SNPs affect neurotrophin protein functions and their implications in common neurological, inflammatory and neurodegenerative disorders that effect spinal health. We will also review the available testing options and how genomic analysis tools, such as Opus23 Explorer™, can help to identify these SNPs and provide actionable recommendations. These therapeutic agents, which consist of nutrients, vitamins, herbs, dietary and lifestyle interventions, can serve to enhance clinical outcomes through improvement in neurotrophin transcription and function therefore positively effecting the patient's spinal health and overall well-being.

**Dr. Christopher Bump – *Diagnosing the Causes of Pain Pt 1 and 2*** – As a profession, we know that Chiropractic care is a valuable and proven treatment option for chronic pain, however, we can do so much more than adjustments and manipulation. By incorporating nutrition and life-style modifications into a regime that can assist in the reduction and elimination of pain, a patient's overall wellbeing can be greatly enhanced. Pain is part of a healthy, and desirable response to healing and is one of the 5 Cardinal Signs of Inflammation (along with swelling, redness, heat and loss of function). When we understand the causes of pain and inflammation from a functional and systems biology perspective, therapeutic protocols can be more aptly recommended. Dr. Bump will discuss various causes of inflammation and pain many of which are influenced by diet, nutrition and lifestyle. He will explain the relation between diet, nutrition and lifestyle and the immune system along with the cellular signaling. We will take a deep-dive into nutritional, dietary and life-style therapeutics. And we will look at how unhealthy and imbalanced diets drive the inflammatory process.

**Dr. Susan St. Claire – *Chronic Spine Neuropathic Pain Syndromes: Theories of Inheritance Patterns & Nutritional Phytochemical Intervention*** – Chronic pain impacts quality of life and health. Pain perception and success of holistic pain interventions are partly modulated by personal genetics. Biochemistry and physiology play a large role in a patient's pain symptoms and general overall health. This seminar will discuss the current research on specific nutrients with an emphasis on the pain modulating receptors and their role in contributing to a patient's spinal health and overall wellbeing.

**Dr. Kelly Halderman – *Evaluating a Novel Phase of Detoxification and Its Role in Overall Well-Being*** – One of the necessary ways our body maintains good health is through proper detoxification. This is the process where toxins, such as heavy metals, pesticides, plastics and other harmful substances undergo transformation through Phase 1 and Phase 2 Detoxification in the liver. The movement of conjugated toxins into the bile, coupled with the movement of bile salts and phosphatidylcholine is referred to as Phase 2.5 Detoxification. Often, the process of Phase 2.5

Detoxification is not functioning properly due to inflammation, endotoxins from pathogenic intestinal flora, and hormone imbalances which can affect spinal health. Toxins will then be forced to be excreted back into the blood where they may cause further damage to the body specifically the neuromuscular system. Phase 3 detoxification is also an important process to help optimize and maintain in our patient's spinal health, especially in those with high amounts of toxic loads and inflammation.

**Dr. Cindy M. Howard – *Coordination of Nutritional Recommendations Utilizing Blood Chemistry and Family History*** – Family history can provide large amounts of information for our patients that can help guide holistic treatment protocols for successful outcomes. It is also a fantastic way to help assess what future needs patient may have beyond their initial concerns and the ability to affect change in a positive way to achieve better spinal health and wellness long-term. Correlating blood chemistry profiles and other laboratory information with family history can elevate the ability of the chiropractor to be even more successful with their patients while elevating their knowledge and ability within the ever challenging and changing field of chiropractic. We will look at how the two can be compared and correlated and discuss case studies to demonstrate how the two large pieces of information can be utilized in daily practice to improve spinal health.

**Dr. Robert Kessinger – *Chiropractic Approach to Neurodegeneration*** – eurodegeneration is epidemic in our society that can benefit from spinal adjusting. Dr. Robert Kessinger will outline a link between nutrition, lifestyle choices, and neurodegeneration. He will review patient work-up which help reveal mechanisms involved in neurodegeneration. This presentation will walk through a pathway for implementation of specific dietary regimen's, targeted nutritional protocols, lifestyle and exercise based on examination. The purpose of the presentation will be to outline a practical approach for slowing down, stopping and/or even reversing the neurodegenerative process through the chiropractic encounter.

**Dr. Jeffrey Moss – *Folic acid food fortification: Benefit or detriment?*** – Since fortification of folic acid, a synthetic form of food folate, in the processed wheat supply began in the late 1990s, research has demonstrated unquestioned success of this effort in terms of meeting the recommended dietary intake (RDI) of folate, which is particularly important for optimizing fetal health. However, another significant body of research has demonstrated that the increase in both the intake of folic acid supplementation and fortified foods over the last 20 years has led to daily intakes that are often higher than RDI levels. This, in turn, has led to an increase in serum levels of unmetabolized folic acid, which may have an adverse impact on spinal health. In this presentation, research will be presented that demonstrates folic acid intake levels up to the RDI of 400 micrograms per day are a clear benefit to health whereas folic acid intake levels above 400 micrograms per day may have an adverse effect on health.

**Dr. Wayne Sodano – *The Role of Neurologic Testing in Neurodegenerative Disorders*** – This lecture will provide foundational information for evaluating and diagnosing as well as changing metabolism with exercise and dietary regimens such as ketogenic and/or low-carbohydrate diets and intermittent fasting and how they can alter the concentration of a variety of metabolites.

**Dr. Brett Wisniewski – *The Microbial Impact on Detoxification*** – Patients have become more complex than ever. Rather simple conditions have become complicated with many additional challenges. Antibiotic resistant bacteria, polypharmacy and extreme hypersensitivities are more commonly seen in chiropractic patients. The demands placed on the detoxification process is profound. The ability to deal with these pressures is dependent on the body's energy reserves, antioxidant capacity and detoxification enzymes. Many of these environmental compounds have direct impact on spinal health but some rely on the improper detoxification capacities of the individual to express negative consequences. The central nervous system and overall spine health is highly reactive to environmental pressures and also very vulnerable to their impacts. Here we will break down the bio-transformative process involved and learn the impact of specific enzymes on the overall spinal health and wellbeing of the patient.



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in 49 Applicable States by  
Palmer College of Chiropractic  
Approval for Continuing Education Applied for in NY  
New York Chiropractic College*

**Stacey J. Bell, DSc, RDN** is the Chief Science Officer for Nutrient, a company that manufactures and sells nutrient-dense, functional foods and drinks. She developed products for Tony Robbins, Dr. Alan Greene, Dr. Andrew Weil. Bell received a doctorate in nutrition from Boston University, with Honors in 1994. She was on the faculty at Harvard Medical School in Boston, and has published over 100 peer-reviewed scientific articles. Her research interests included obesity, diabetes, cancer, AIDS, burned patients, and critical illness. She is a frequent lecturer around the world on many topics related to nutrition and has 6 issued patents. In 2003, she joined the Board of Directors of Wild Oats, a natural and organic grocery store chain. Non-profit work: co-chair of the Steering Committee of the Nutrition Round Table of the Harvard School of Public Health and on the Board of Directors of the Cancer Nutrition Consortium. Dr. Bell is sponsored by Nutrient Foods.



**Robert Boyd, ND, CNS®** is a Naturopathic Physician and Certified Nutrition Specialist® professional specializing in thyroid disorders, fertility, and men's health. He also specializes in digestive disorders and autoimmune disease. He has spent years researching the field of nutrigenomics as well as the gut microbiome and tailors his treatment approaches around these complex fields. Boyd graduated Summa Cum Laude from the University of Bridgeport College of Naturopathic Medicine. He is a co-founder of Terrain Clinic LLC, which currently has locations in Alexandria, VA and Washington D.C. He is an Adjunct Professor teaching Nutrition & Diet Therapy at Trinity Washington University. Dr. Boyd is sponsored by Diagnostic Solutions Laboratory.



**Christopher Bump, DC, MS, IFMCP, CNS, DABCN** has created a unique model of patient centered health care by integrating Functional Medicine and Chiropractic care. He has over 30 years of experience in clinical nutrition and has earned numerous certifications and degrees along the way. He is a certified practitioner by the Institute for Functional Medicine and he holds a Master's Degree from Columbia University in Human Nutrition, where he has served as guest lecturer. He also holds certifications in clinical nutrition with the AMA College of Nutrition and The International and American Council of Clinical Nutrition and he has chaired the Council for Nutritional Education for the Association of New Jersey Chiropractors for the past 5 years. Dr. Bump continues in private practice in Northern New Jersey, as well as lecturing internationally on clinical nutrition offering unique insight from a functional and structural perspective. Dr. Bump is sponsored by Standard Process Inc.®



**Susan St. Claire, DC, MS, DCBCN, CCN** has taught and used nutrition both in clinical practice and in a college setting for 35 years. She has a DC, a Master's degree and diplomate in Clinical Nutrition, is a certified clinical nutritionist, and has published extensively in journals and textbooks. She has produced several on-line and continuing education courses. This is her "passion". She travels the world studying food practices, production and relationship to health. Dr. St. Claire is sponsored by Therasage Infrared Heating Products.



**Kelly Halderman, MD, NMD, CCN** graduated from medical school and completed a Family Practice Medicine internship with the University of Minnesota. She is the Academic Dean of Students and has a Naturopathic Medical Degree from Kingdom College of Natural Health. She is an active member of the American Academy of Anti-Aging Medicine, President and founder of The American Association of Nutraceutical Formulators, as well as a member of The American Medical Association and Physician's Committee for Responsible Medicine. She is board certified in Clinical Nutrition by the CNCB and in Plant Based Nutrition from Cornell University and health coaching certified from the Institute for Integrative Nutrition. She practices with her husband at Halderman Wellness LLC in the Twin Cities. Dr. Halderman is sponsored by Professional Health Products.



**Cindy M. Howard, DC, DABCI, DACBN, FIAMA, FICC** is a Board Certified Chiropractic Internist and Nutritionist in private practice in Chicago, IL. Dr. Howard speaks all over the country, lecturing on concussion nutrition, neuroendocrine dysfunction in sport, male and female pelvic disorders, pediatrics, immunology, GI disorders, endocrinology and nutritional blood analysis interpretation. She serves as the Director of Functional Medicine and Nutrition for Aligned Modern Health in Chicago, IL. And is the Illinois Delegate for the ACA. She is a Board Member of DOCs, and Before the Hit. Dr. Howard serves on the Medical Advisory Board for Integrative Therapeutics and the Functional Medicine University. She is an associate editor for the Original Internist. Dr. Howard is sponsored by Protocol For Life Balance.



**Robert Kessinger, DC, DABCI, DACBN** holds board certifications as a chiropractic internist (DABCI) and in clinical nutrition (DACBN). He has been in practice over 30 years with particular interest in functional medicine, functional neurology and upper cervical chiropractic care. It has been said, Dr. Kessinger has the unique ability to convert complex material into Monday morning ready clinical pearls. He is an instructor for the DABCI program, various neurology programs, and clinical neurology for the upper cervical diplomate program and has been published in several journals. Dr. Kessinger is sponsored by Pro Health Seminars.



**Jeffrey Moss, DDS, CNS, DACBN** graduated from the University of Michigan Dental School in 1974 and practiced dentistry in Grand Rapids, Michigan up to 1985. For the last 27 years he has operated Moss Nutrition Products, which supplies the Moss Nutrition Professional Line of supplements to practitioners. In addition to his duties at Moss Nutrition, Dr. Moss has, for many years, written newsletters of review and commentary on different subjects relating to functional medicine and clinical nutrition that are regularly featured in the journals Nutritional Perspectives and Original Internist. Finally, Dr. Moss is a regularly featured speaker, presenting continuing education seminars at many symposia throughout the country. Dr. Moss is sponsored by Moss Nutrition.



**Wayne L. Sodano, DC, DABCI, DACBN, BCTN** is a chiropractic physician, a Diplomate of the American Board of Chiropractic Internists (DABCI), a Diplomate of the American Clinical Board of Nutrition (DACBN), a Certified Functional and Integrative Medicine Practitioner and is board certified in Traditional Naturopathy. After several years in private practice, in 2005 Dr. Sodano shifted his focus to teaching for the American Board of Chiropractic Internists. He is the author of *Integrative Medicine Approach to Thyroid Disorders* and is currently working on authoring more books on the integrative medicine approach to other disorders. Sodano frequently lectures worldwide on various topics of integrative and functional medicine. Dr. Sodano has been the Director of Clinical Support and Education for Evexia Diagnostics since 2017 and provides clinical education in the form of live lectures and live and recorded webinars. In the same capacity, Dr. Sodano provides 1-on-1 clinical support to clients of Evexia Diagnostics via "Ask the Doctor", a free online Q&A platform, or via live telephone and video consults. Dr. Sodano is sponsored by Evexia Diagnostics.



**Brett Wisniewski, BS, DC, DABCI, DACBN** was born and raised in New Jersey. He attended Monmouth University where he received a Bachelors of Science degree in Biology with concentrated studies in chemistry. He has always gravitated towards the study of the human body and natural health. Dr. Wisniewski and his moved to Florida to further his studies at Palmer College of Chiropractic where he graduated Cum Laude, with a Doctor of Chiropractic Degree. He then went on to study at the University of Florida where he completed his master's degree in molecular cell biology with a concentration in immunology. Dr. Wisniewski also holds diplomates from the American Board of Chiropractic Internists (DABCI) and the American Clinical Board of Nutrition (DACBN) of which he is a head instructor and sits on the board, respectively. Dr. Wisniewski is sponsored by Biotics Research, Inc.



This is the second year we are offering Ethics and Risk Management. This is provided through NCMIC. ncmic.com.

Our heartfelt thanks to NCMIC for providing this service!

**Dr. Steven Conway** is a partner in True North Chiropractic Consultants, which provides guidance and coaching to both new and seasoned doctors of chiropractic. Conway has served as the chief operating officer (COO) and general counsel for Allied Health Chiropractic Centers. An occupational health expert, he has provided industrial consulting for companies such as John Deere, Andes Candies, Dorsey Trailers, and Lear Seating. Dr. Conway received his undergraduate degree from the University of Wisconsin-Eau Claire and doctor of chiropractic degree at Logan College of Chiropractic. He received his *juris* doctorate from Stetson University College of Law. Dr. Conway is a member of the Wisconsin State Board of Chiropractic Examiners and the Wisconsin Bar Association.



**Dr. Mario Fucinari** has helped train doctors and staff over the last 20 years. He received his bachelor's degree from Wayne State University in Detroit and his Doctor of Chiropractic degree from Palmer College of Chiropractic in 1986. Dr. Fucinari was the recipient of the 1998 and the 2003 President's Award from the Illinois Chiropractic Society (ICS) for his work with education and training and most recently received the 2012 Chiropractor of the Year award from the ICS.



## REGISTRATION

Attendee:  Doctor  Spouse  CA  Student

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Please contact  
**Jesse Manning**  
 at 540-252-4733

or email

admin@councilonnutrition.com

# SCHEDULE FOR 2020 WEBINAR

**Thursday, October 1, 2020: (6.5 hrs.)**

10:00am - 12:00pm ..... Risk Management<sup>1</sup>  
 ..... Doctor Patient Communication<sup>2</sup>  
**12:00pm - 1:00pm** ..... Break  
 1:00pm - 3:00pm ..... Ethics<sup>3</sup>  
**3:00pm - 3:30pm** ..... Break  
 3:30pm - 5:30pm ..... Dr. Brett Wisniewski

**Friday, October 2, 2020: (5 hrs.)**

8:00am - 9:30am ..... Dr. Cindy Howard  
**9:30am - 10:30am** ..... Break  
 10:30am - 12:00pm ..... Dr. Stacey Bell  
**12:00pm - 1:30pm** ..... Break  
 1:30pm - 2:30pm ..... Dr. Chris Bump  
**2:30pm - 3:00pm** ..... Break  
 3:00pm - 4:00pm ..... Dr. Chris Bump  
 4:00pm - 4:30pm ..... CON Membership Meeting  
 4:30pm - 6:00pm ..... CBCN Membership Meeting

**Saturday, October 3, 2020: (5 hrs.)**

8:00am - 10:00am ..... Dr. Wayne Sodano  
**10:00am - 10:30am** ..... Break  
 10:30am - 12:00pm ..... Dr. Kelly Halderman  
**12:00pm - 1:30pm** ..... Break  
 1:30pm - 2:00pm ..... ACBN Membership Meeting  
 2:00pm - 3:30pm ..... Dr. Susan St. Claire  
**3:30pm - 4:00pm** ..... Break  
 4:00pm - 5:30pm ..... Dr. Robert Kessinger

**Sunday, October 4, 2020: (3.5 hrs.)**

8:00am - 9:30am ..... Dr. Robert Boyd  
**9:30am - 10:00am** ..... Break  
 10:00am - 12:00pm ..... Dr. Jeff Moss

<sup>1</sup> This session will count for TX docs and everyone but NY docs. <sup>2</sup> This session will count for NY docs and everyone but TX docs. <sup>3</sup> Two sessions running concurrently: one for NY docs and one for TX docs. Everyone else can choose which sessions to attend for credit.