



2022 NUTRI-WEST SYMPOSIUM OUTLINE

Please note that the outline is a general outline (some specifics are given where available), and that these ten amazingly talented and qualified speakers promise to impress and inspire with the amount of helpful information presented at the annual Nutri-West Symposium!

Objectives: Chiropractic mechanical care and physical manipulation of acu-pressure reflex points improve the way humans live, move, function and exist in a gravity environment. The benefits of physical manipulation and attention to reflex points include improved immune health through improved mechanoreception, mechanotransduction and mechanobiology. These facets of health physiology that affect the immune system are dependent on environmental factors, such as air, water, toxin exposure, exercise, diet, etc. Diet/nutritional repletion can vary due to the availability and quality of macronutrients and micronutrients, herbals and specialty nutrients.

This is an informative class on factors that influence patient immune health and clinical outcomes. Environmental influences on the immune system mentioned above and how they relate to chiropractic spinal/reflex adjusting and patient care will be discussed. Important immune health correlations will be explored, such as soil degradation and reduced value of food, antibiotics and chemical destruction of the microbiome, electromagnetic pollution, and the constant stress related to poor sleep, debt, lack of exercise, postural ergonomics, etc. Recent research demonstrating the physiological relevance of the sympathetic and parasympathetic nervous systems to immune function will be presented, and chiropractic protocols that influence resulting outcomes will be reviewed.

An educational class on immune strength relating to physical manipulation is timely and necessary. It is designed to not only inform the practitioner, but to help the chiropractor (or other practitioner), their family and their patients improve their own health and enhance patient clinical outcomes.

The goal is to provide current research and observations for optimizing immune health while examining connections to the spine, muscle groups and various systems of the body.

DAY 1: Thursday, June 2, 2022 with Dan Murphy, DC

Hour 1, 7:30am-8:30am: Bonus session, with David Lee DC 7:30am-8:30am: Healing the Healer: the practitioner needs to follow optimal protocols to be the example for patients and to provide the best care. Discover chiropractic/reflex manipulation therapy for self-care protocols. Brain mapping, neurofeedback, nutrition, methylation.

Dan Murphy, DC:

The expression “can’t see the forest through the trees” is used to describe a scenario where the details of an issue may obscure the understanding of the issue as a whole. This situation pertains to infections, including COVID-19. My presentation is designed to give an overview of clinical immunology for practitioners that are not immunologists. Present infection management emphasize masks, distancing, and vaccination. My goals are: 1) Show where masks, distancing, and vaccination fit in to a larger categorization of immunological approaches, and 2) Explore additional immunological adjuncts that are supported by published studies although they receive much less advocacy by providers, media, and government. This is the type of information that many are looking for but often do not know where to start to find it. The organization, presentation, and resources are intended to help make sense of a chaotic time in our history.

But there is more. In 2020, the United States Centers for Disease Control and Prevention published a simple model to understand the causation of disease. It is called the Epidemiological Triad. Applying this information to our modern times will change everything. This presentation may change the way you think, live, practice, and plan. Perhaps the most important integrative overview ever presented in this format. Dan Murphy, DC

Hour 2, 8:30am-9:30am: Learn immune terms and physiology. An overview of clinical immunology for practitioners who are not immunologists.

Hour 3, 9:30am-10:30am: Learn about environmental factors affecting the immune system as they relate to chiropractic/physical manipulation of reflex points.

10:30am-10:45am: **Break**

Hour 4, 10:45am-11:45pm: Learn to explore relationships between recent research in immunology and benefits to physical manipulation and therapy.

Hour 5, 11:45pm-12:45pm: Learn how to take individual approaches when developing protocols for the best outcome.

12:45pm-1:45pm: **Lunch**

Hour 6, 1:45pm-2:45pm: Nervous system pathways, synapses, neurotransmitters etc. and how they interconnect to chiropractic adjustments that can be optimized for maximum beneficial immune health.

Hour 7, 2:45-3:45: Analyze efficient chiropractic/physical manipulation of reflex points and lifestyle protocols that strengthen the immune system and find out why they work. Intro to an Integrative overview of modern times and relation to immunity and responses.

3:45pm-4:00pm: **Break**

Hour 8, 4:00pm-5:00pm: Learn about how the current world situation and viral assaults factor into the suggested protocols. Explain where masks, distancing, and vaccination fit in to a larger categorization of immunological approaches, and explore additional immunological adjuncts that are supported by published studies although they receive much less advocacy.

Hour 9, 5:00pm-6:00pm: In 2020, the United States Centers for Disease Control and Prevention published a simple model called the Epidemiological Triad. This session applies this information to our modern times. Recap and summarize the most efficient means and protocols to optimize immune health and outcomes.

6:00pm-6:30pm: **Food and beverage reception**

Hours 10 & 11: 6:30pm-8:30pm: **Evening session with Dan Murphy DC. Documentation**

DAY 2 Friday, June 3, 2022 Morning session with Brandon Lundell, DC

Hour 1, 7:30am-8:30am: **Bonus session, with Richard Belli, DC. DACNB, FABNN** The Vagus Nerve and Inflammation. A perspective of the immune system that examines the vagus nerve immune reflex, a modulator of inflammation and immune function. The practitioner will learn how to analyze and correct vagal dysfunction, structurally and chemically, as well as with electro-stim (for acu-reflex points), and laser. The practitioner will also learn how to analyze acetylcholine dysfunction, and what cofactors and products are necessary to support vagus corrections.

Additional info: In 2015 Scientific American published an article by Kevin Tracey M.D., highlighting his Vagus Nerve research and discovery of the Vagus Immune Reflex. Dr. Tracey discovered that the Vagus Nerve and the immune reflex are very powerful modulators of inflammation and immune dysfunction. Dr. Tracey and his research team discovered not only that the Vagus Nerve has a very powerful anti-inflammatory effect, but it also modulates the immune system.

This research has propelled that Vagus nerve to the forefront of health care. Normalizing Vagal function is essential to treatment of difficult patients that are inflamed and have excess or insufficient immune activity. The practitioner will learn how to analyze and correct Vagal dysfunction, structurally, chemically, as well as with electro stim, and laser. The practitioner will also learn how to analyze Acetylcholine dysfunction, and what cofactors and products are necessary to support Vagus corrections. All of this will provide a powerful tool that will help with difficult and chronic patients.

I. Inflammation, the Root Cause of Most Disease

II. Researchers have discovered that the Vagus nerve forms a reflex regulates the immune system and inflammation

III. Brief Anatomy and Physiology of the Vagus Nerve

IV. Review of Vagus Nerve Research and Discovery of the Vagus Immune Reflex

V. Description and Function of the Sensory and Motor Arc that Makes up the Immune Reflex

VI. The Vagus Nerve and Turning Down Inflammation

VII. Acetylcholine as the Vagal Neurotransmitter

a. Causes of diminished Acetylcholine

b. Cofactors for Acetylcholine production

c. Nutri-West products that enhance Acetylcholine production

VIII. Structural Corrections for Vagal Dysfunction

IX. Electrical Stimulation of the Vagus Nerve

X. Laser Stimulation of the Vagus Nerve

Brandon Lundell, DC

Hour 2, 8:30am-9:30am: Learn about critical associations of laboratory tests, immune function and chiropractic care/acupoint therapy.

Hour 3, 9:30am-10:30am: Explore key immune system players in the news and why they are headlining. Importance of mitochondrial health and implications. Why mitochondriopathies are the great masquerader of hidden/chronic illness.

10:30am-10:45am: **Break**

Hour 4, 10:45am-11:45am: Learn about pre-gestational influences on the immune system and outcomes. Chronic viral attacks. Environmental influences on genetic programming. Importance of testing: blood, urine, stool, GI, toxins, nutrient, etc, etc.

Hour 5, 11:45am-12:45pm: Review protocols for incorporating informational tests into the suggested recommendations for diet, lifestyle and chiropractic care for strengthening the immune system.

12:45pm-1:45pm: **Lunch (sponsored by Nutri-West)**

DAY 2: Friday, June 3, 2022 Afternoon session with Jared Allomong, DC

Hour 6, 1:45pm-2:45pm: Learn about genetics and influences on behavior, symptoms and specifically the immune system.

Hour 7, 2:45pm-3:45pm: Symptoms arising from genetically expressed immune-related SNPs (single nucleotide polymorphisms).

3:45pm-4:00pm: **Break**

Hour 8, 4:00pm-5:00pm: Behavioral/symptomology questionnaires combined with chiropractic analysis to determine environmentally expressed genes and gene variations. Learn about the correlations to common complaints seen in the chiropractic office.

Hour 9, 5:00pm-6:00pm: Bringing it all together: How to incorporate DNA reports, symptomology questionnaires, and chiropractic analysis/manipulation of reflex points to develop the individualized protocols needed for optimal health outcomes.

6:00pm-6:30pm: **Food and Beverage Reception**

Hour 10, 6:30-7:30: Evening session with Julia Malkowski DC ND. Functional Neurology and microbiome physiology – How do they fit into protocols? GI testing for dysfunction.

DAY 3: Saturday, June 3, 2022 Morning Session with Don Bellgrau, PhD & Lynn Toohey, PhD

Hour 1, Bonus session with Frank Jarrell, DC 7:30am-8:30am: Introduction to the spondylogenic reflex analysis: How the reflex analysis applies to clinical application. Dr. Jarrell brings some recent clinical research on neurological problems and resolutions.

Don Bellgrau, PhD

Do the experts have it right? Are the experts immunologists? Get the lowdown on “nothing but the facts when it comes to the immunology of the virus from Professor of Immunology Don Bellgrau.

Hour 2, 8:30am-9:30am: Basic immunology of viruses. Importance of Interferon as an immune system player; what it means for our own immune resistance. Learn about virus immunology in general and the pandemic in particular, and how protocols are impacted.

Hour 3, 9:30am-10:30am: Explore the immune physiology and challenge of variants and what it means for the future.

10:30am-10:45am: **Break**

Lynn Toohey, PhD

Hour 4, 10:45am-11:45: Nutrient research; cutting edge discoveries in nutrient influences on health. Learn what the latest science says about nutrients that can help support our immune well-being. Learn what nutrients influence interferon (named for “interfering “ with virus replication) levels, how to tell if you carry genetic SNPs for reduced or increased ability to make interferon.

Hour 5, 11:45am-12:45am: DNA reports; Learn how the reports can relate to manifested genes and why other testing is appropriate to discover what is manifested and needs to be addressed with nutrition, diet and lifestyle to improve immune health.

12:45-1:45 - **Lunch**

DAY 3: Saturday, June 3, 2022. Afternoon session with Stephan Ediss, DC

Hour 6, 1:45pm-2:45pm: Learn about organ correlation with the immune system and symptoms that can be addressed with chiropractic/physical manipulation of reflex points. Review of Applied Kinesiology theory and the value of manual muscle testing and finding reflex points associated with symptoms. Applied Kinesiology (AK) is a technique that uses muscle testing to help diagnose nutritional deficiencies and health issues. It is based on the concept that weakness in certain muscles corresponds to specific body imbalances. Certified in Clinical Acupuncture with over 200 hours in post grad study in AK, Dr. Ediss is very qualified to teach about points and meridians that influence well-being.

Hour 7, 2:45pm-3:45pm: Discover nutrient correlations with organs and influences on optimal outcomes. Left & Right Brain reflex points with correction (Break-out with hands-on).

3:45pm-4:00pm: **Break**

Hour 8, 4:00pm-5:00pm: Explore meridians of the body and how they interact with immune challenges and environmental influences, including manipulation/adjustment, to result in the best possible outcomes. Injury recall utilizing **acu-reflex points**.

Hour 9, 5:00pm-6:00pm: Summary; learning about how to incorporate organ/muscle responses in reflex analysis, nutrients, diet and lifestyle to best formulate individualized health protocols to support the immune system.

Symposium Ends - Thanks for joining us!