

Longevity

February 1 - 4, 2024

Marriott Phoenix Resort Tempe at the Buttes 2000 W. Westcourt Way, Tempe, AZ 85282

Thursday, February 1, 2024 – DOCTOR SPA - Pre-Registration and Reception - 5:30 pm – 7:30 pm

Friday, February 2, 2024

8:00 am – 12:00 pm **Dan Murphy, DC**

Unlocking the Fountain of Vitality: Knowledge for Lifelong Wellness and Longevity Strategies

Hour 1:

- Review the steps in energy production: Cytoplasm, Krebs Cycle, Electron Transport Chain
- Learn the relationship between energy production and oxidative stress
- Learn the relationship between oxidative stress and inflammation
- Integrate the relationship between energy production, oxidative stress, inflammation, fibrosis, the chiropractic subluxation, and the chiropractic adjustment
- Learn about the nutrients that promote mitochondrial efficiency rejuvenation

Hour 2:

- Learn the common denominators between glyphosate and glutathione
- Understand the concept of analogue substitution in protein synthesis
- Understand the relationship between analogue substitution of amino acids, glutathione, oxidative stress, inflammation, fibrosis, and chiropractic
- Understand the relationship between analogue substitution of amino acids, collagen degradation and musculoskeletal problems

Hour 3:

- Review the musculoskeletal and immunological importance of vitamin D
- Review the biochemistry of vitamin D, integrating sun exposure, supplements latitudes, skin pigmentation, liver health, and kidney health
- Integrate vitamin D and its synergy with vitamin K and magnesium

Hour 4:

- Understand the biochemical basis of pain
- Inflammation: Understand the “Theory of Everything” related to innate health, what it is, what are its causes how to measure it, and how to manage it
- Learn about biochemistry of essential fatty acids
- Review essential fatty acid imbalances and musculoskeletal pain
- Integrate both diet and supplements in fatty acid balancing

12:00 pm - 1:30 pm **Lunch**

1:30 pm - 3:30 pm **Dan Murphy. DC**

Hour 5:

- Introduce the concept of survival v. longevity proteins, vitamins and minerals as related to micronutrient competition
- Learn what nutrients are related and most deficient in modern America
- Learn the nutrients that are sufficient in youth but not as we age, and therefore should be supplemented

Hour 6:

- Learn about excitotoxins and how they influence the perception of pain
- Integrate the relationship between glutamate, aspartate, aspartame, calcium, magnesium, and manganese
- Learn about the physiology of magnesium as it relates to neurodegeneration and chronic pain

3:30 pm -4:00 pm **Break**

4:00 pm – 6:00 pm **Steve Ediss, DC**

Hour 7:

- Define and discuss ferroptosis and its effects on joints in regard to osteoarthritis and biomechanical function. A chiropractic approach to limit the effects of ferroptosis on weight bearing joints.
- Fixation complex verses subluxation and EFA's (essential fatty acids): Evaluation and treatment

Hour 8:

- Carbonic Anhydrase: Definition, clinical presentation, evaluation and treatment.
- “Melatonin Whiplash”: Definition; melatonin discussed in relation to post whiplash trauma,
- Protocol approach and sleep pattern corrective procedures

6:00 pm – 7:00 pm **Customer Appreciation Cocktail Party and Appetizers**

7:00 pm – 9:00 pm **Documentation with Dan Murphy**
CA Training with Kim Roy

Hours 9 & 10: Dan Murphy does 2 hours documentation; Learn the latest requirements in documentation from a respected chiropractor in the field.

New this year! Kim Roy, assistant to NW speaker Steve Ediss, DC, makes your life easier by showing your CA how to:

- Navigate and optimize the NW website, including access to free articles, webinars, fact sheets, etc.
- Set up Patient Connect to streamline patient ordering and free your time
- Identify AK testing points for CAs to be able to assist when needed
- And much more!

Saturday, February 3, 2024

8:00 am – 10:00 am **Richard Belli, DC**

Hour 1: Vagus nerve physiology and chiropractic protocols for enhancing function

Hour 2: Learn how the vagus nerve, chiropractic adjustments and nutrition come together and play roles in longevity protocols for support.

10:00 am – 12:00 pm **Dr. Sarge Sandhu**

The Key To Longevity: Integration of Detoxification and Integrative Medicine

Hour 3: Toxic Exposure: includes heavy metals, solvents, parasites, candida, fungus etc. Discover how to minimize the various forms of toxins we are exposed to from our environment and internal systems.

Hour 4: Altered physiology can create dysfunction and thereby reduce our life expectancy. Protocols for eliminating these toxins so that we can live optimally.

12:00 pm – 1:30 pm **Lunch**

1:30 pm – 3:30 pm **Brandon Lundell, DC**

Aging Well in the 21st Century – Cellular Senescence, Reprogramming Plasticity

Developed and presented by:

Dr. Brandon M Lundell, DC, APC, IFMCP, DABCI, Dipl. Ac, NE, CAC

Join Dr. Lundell in a fascinating dive into cellular aging and the research into programming cells to live to their optimal years. Using laboratory assessments, it is possible to know where cells are on the biological clock, as well as what measures would be needed to support age-related damage. Topics to be covered include laboratory evaluations, genetic testing, mitochondrial repair mechanisms, autophagy, healthy cognitive function, hormones, and avoiding/mitigating toxin damage. This information will immediately help each practitioner, their friends and family as well as adding clinical skills to support even the toughest patients.

Hour 5: Mechanisms of Cellular Senescence

- Inflammation and paracellular dysfunction
- Mitochondrial oxidation
- Protein aggregation
- Telomere and DNA damage
- Dysfunctional autophagy
- Insulin Resistance and Energy metabolism dysfunction
- Dietary, Lifestyle and Nutraceutical Interventions including chiropractic adjustments

Hour 6: Role of Gut in Aging

- How to have a healthy gut that supports reprogramming
- Role of yeast and dysbiosis
- Gut- Mitochondrial axis
- Chiropractic adjustments and diet
- Microbiome research and nutraceutical interventions
- Laboratory assessment of gut-mitochondria-brain-joint axis

3:30 pm – 4:00 pm **Break**

4:00 pm – 6:00 pm **Brandon Lundell, DC**

Hour 7: Thyroid, hormones, and cellular health

- Balance Hormones – Thyroid, DHEA, Pregnenolone, Adrenal Health, Progesterone, Testosterone, & Estrogen - all central to a healthy brain.
- Endocrine Disruptors and their role in AGING
- Addressing the Pervasive Challenges to Thyroid Health
- Overview of “Functional Endocrinology”
 - Thyroid Lab Evaluations
 - Hypothyroid Support
 - Address all underlying factors first
 - Educate the patient on condition and diet/lifestyle modifications
 - Stabilize diet and blood sugar
 - Exercise program
 - Eliminate toxic exposure
 - Support every aspect of physiology with nutrition
 - Holistic treatments to include Chiro, Ac., L3T etc.
 - AC. Points..... (bonus)

Hour 8: Dietary, Lifestyle and Nutraceutical Interventions including chiropractic

- Dietary, Lifestyle and Nutraceutical Interventions including chiropractic
- Case Study in Long Covid from history, physical, labs and treatment outcomes
- Top 20 nutraceuticals every practice should have
 - Covering the basics – why every patient, regardless of health status, needs the basics such as multivitamin, antioxidants, anti-inflammatories, Vit D etc.
 - Modern nutritional gap and lack of availability of nutrients in food.
 - Increases demand on detoxification systems – ubiquitous chemicals in a toxic world
 - Stress and increased demand on nutrients
 - Endocrine disrupters
- Q and A

6:30 pm – 10:00 pm **Cocktail Party at the home of Dr. Steve and Michele Ediss**

Sunday, February 4, 2024

8:00 am – 11:00 am **Jared Allomong, DC**

Hour 1: Introduction to the Functional Methylation Technique in relationship to chiropractic and integrative medicine practices. Discussion of how this technique improves clinical results. Discussion of relevance of the methylation cycle in integrative medicine. Outline the nature of how the methylation cycle is connected to factors in longevity.

Hour 2: MTHFR gene and how methylation controls biochemical pathways. Methylation dependent genes PEMT and NOS3 in long term health. Functional Methylation Technique and testing for individual biochemistry expression.

Hour 3: Specific Genes that influence Longevity: APOE, BDNF, TP53; IGF1R-rs12437963; GHSR - growth hormone secretagogue receptor; POT1; IL-6; CEPT; FOXO3A and TERT. Mitochondrial health and longevity: Testing mitochondrial efficiency with the Functional Methylation test kit; Protocols to support your findings

11:00 am – 12:00 pm **Lynn Toohey, PhD**

Hour 4: Exploring Nutrition for Optimal Cell Growth. Discover what foods and supplements encourage cell growth and function. Find out why chiropractic adjustment and the effect on the vagus nerve stimulates cells that support bone and skeletal tissues. Examine the effects of aging on cell turnover. Connect nutrients that influence longevity.

SYMPOSIUM ENDS – WE HOPE TO SEE YOU IN 2025!