

Clinical Nutrition in Chiropractic Practice – Daniel Francis, DC

Description:

2 hours of educating Chiropractors on how to integrate whole food nutrition recommendations both supplemental and dietary into busy chiropractic-based practices. Presenting options for supporting nutritionally some of the most treated chiropractic presentations. Education to teach how each nutrient supports the healing process.

Objectives:

- present the importance of offering patients wholefood nutrition to support healing
- educate which nutrients support which conditions.
- provide a base line of how to present the nutrients to the patient
- supply an understanding of why whole foods are superior to isolated extracts in many cases

Total Presentation Time: 2 Hours

1. Intro to Whole Food Nutrition (10 Minutes)

A. The Core Philosophy

- **Complete nutrition:** Understanding the difference between whole-food complexes and isolated fractions.
- **Food as medicine:** Utilizing whole foods as a primary vehicle for clinical healing.
- **Overfed vs. under-nourished:** Highlighting the modern dilemma of macronutrient abundance paired with severe micronutrient deficiencies.
- **Micronutrients as catalysts:** Recognizing that vitamins and minerals act as the primary spark plugs for all cellular and biological action.

B. Bioavailability & Mechanics

- **Absorption:** The journey of the nutrient from the gut into the bloodstream.
- **Utilization:** How effectively the cells can actually take up and apply the nutrient.
- **Similia Similibus ("Like Feeds Like"):** The biological principle of providing whole-food nutrients that directly match and feed corresponding human tissues.

C. Visual Demonstrations

- **The Anatomy of a Carrot Root:** Breaking down the vast list of synergistic, natural nutrients found within a single carrot.
- **Show the Back of the Bottle:** A practical guide to analyzing supplement labels to distinguish whole-food concentrates from synthetic chemicals.

2. Soil: Why It Matters (5 Minutes)

- **The Michael Pollan Principle:** *"It is not what you eat, it is what what you eat ate."*
- **Seasonal Vitality:** Comparing the nutritional integrity and taste of a peach harvested in February versus one ripened in July.
- **Commercial vs. Backyard:** Contrasting a standard, store-bought Honeycrisp apple with an apple grown fresh in a home orchard.
- **The Soil Microbiome:** Exploring how a healthy, active soil ecosystem is ultimately what fixes and drives raw nutrition into our food.

3. Integrating Nutrition into a Busy Practice (15 Minutes)

- **Don't Sell—Provide:** Shifting the clinical mindset away from retail sales and focusing purely on patient care.
- **The Healthcare Practitioner:** Maximizing your unique advantage—because you see patients on a recurring basis, you have more than one shot to support their nutrition.
- **The Healthcare Provider:** Acting as a true problem-solver who provides elegant solutions to your patients' daily health challenges.
- **The Healthcare Physician:** Remembering that *Physician* fundamentally means *Teacher*—prioritizing patient education over product pitching.
- **Clinical Efficiency:** Keeping recommendations and education concise to fit seamlessly into a fast-paced adjusting schedule.
- **Script Pads:** Utilizing physical recommendation pads to write down protocols, which elevates compliance and removes the feeling of a "sales pitch."
- **The Rule of Prescribing:** Always establish the clinical need first, *then* provide the solution. Otherwise, you are just in sales.

4. Common Clinical Presentations & Nutritional Support (30 Minutes)

- **The Baseline:** The role of a whole-food Multivitamin.
- **Fish Oil Deep Dive:**
 - *Triglyceride Form vs. Ethyl Ester Form:* The absorption and structural differences between natural and synthetic lipid structures.
 - *The "Fish Burp" Diagnostic:* Identifying the three main causes of repeating/burping—gallbladder issues, cheap ethyl ester forms, or oxidized/bad oil.
- **The Inflammatory Continuum:** Supporting the body through various stages of tissue stress:
 1. *Nerve Inflammation* (Radiculopathy/Sciatica)
 2. *Puffy Joints* (Acute effusion/Fluid retention)
 3. *Skeletal Stress*
 4. *Systemic Inflammation*
 5. *Histamine-ish Presentations* (Allergic/Hyper-sensitive tissue responses)

- **Arthritis:** Protecting and rebuilding the joint matrix.
- **Muscle Tension & Spasms:** Addressing mineral imbalances that disrupt normal muscle relaxation.
- **Stress & Sleep Issues:** Supporting the nervous system to allow proper overnight healing.
- **Bone Health:** Managing acute fractures and long-term osteoporosis by looking beyond just isolated calcium.
- **Soft Tissue Repair:** Providing the cellular building blocks for sprains and strains.
- **Neurodegeneration & Neuroinflammation:** Down-regulating brain-body inflammatory pathways.

5. Foods and Their Healing Properties (1 Hour)

- **Hemp Oil:** Balancing systemic inflammatory pathways.
- **Turmeric:** Maximizing bioavailability and overcoming standard absorption barriers.
- **Black Cumin Seed:** Supporting immune regulation and calming histamine flare-ups.
- **The Joint Toolkit:** Utilizing **Boswellia**, **Ginger**, **Celery Seed**, and **White Willow** to clear fluid and inhibit inflammatory enzymes.
- **Bromelain:** Using systemic proteolytic enzymes between meals to break down inflammatory debris.
- **Bone & Structural Support:** Utilizing **Bone Broth** (collagen matrix) paired with **Cruciferous Vegetables**(minerals/Vitamin K).
- **Ligament Precursors:** Providing the targeted trace minerals and amino acids needed for fibroblast repair.
- **Ashwagandha:** Regulating the cortisol response to pull patients out of a chronic, catabolic stress state.
- **Mineral Synergists:** Grouping **Sea Kelp**, **Alfalfa**, **Calcium Lactate**, and **Magnesium** for highly absorbable, easily ionized mineral delivery.
- **Vascular & Capillary Integrity:** Utilizing **Buckwheat**, **Swiss Chard**, and **Beet Leaf** (rich in the whole vitamin C complex/rutin).
- **Gotu Kola:** Stimulating microcirculation and collagen synthesis for chronic disc and connective tissue remodeling.
- **Bupleurum:** Supporting liver pathways to clear systemic heat and metabolic inflammation.
- **Omega-3 Fatty Acids:** Applying concentrated EPA/DHA directly for nerve repair and membrane stabilization.
- **The Multivitamin Closing:** Bringing it all full circle—using a true whole-food multivitamin to honor the principle of *Similia Similibus*.