

Nicholas Gatto, DC

Innate Intelligence, Energy Production, and the Aging Process

Hour 1: 10 minutes, Introduction

25 minutes, physical and functional changes of major organs

25 minutes, macronutrients and supplement related to aging

Hour 2: 45 minutes: common conditions related to aging, i.e., constipation, dental issues, fiber, support for blood sugar and metabolic syndrome, cholesterol and their nutritional considerations

15 minutes: Q&A