

Dr. Andrew Rostenberg + Nutridyn

Chiropractic Society of Wisconsin 2026

Title, Outline and Take Aways

Friday, October 2nd, 2026 – Morning Session

Title: **Silent Reflux – the Hidden Cause of Upper GI Dysfunction**

Hour 1:

- Introduction of topic
- Discussion of optimum protein/fat/salt/macro nutrient intake
- Discussion of the signs and symptoms of silent reflux; how it presents in practice and related comorbidities

Hour 2:

- Physiology, prevalence and symptoms of hiatal hernia
- Stomach, gallbladder and pancreas physiology and their importance in proper digestion and prevention of reflux
- Discussion of proper supplementation protocols for the Upper GI Tract

Takeaways:

- 1) Learn the ideal quantity of protein, salt, fat, carbohydrates and cholesterol needed to optimize digestion, metabolism, and longevity
- 2) Learn the specific signs and symptoms of silent reflux and upper GI dysfunction
- 3) Learn the role hiatal hernia plays in silent reflux and GERD
- 4) Discuss the role of tongue/jaw posture in reflux and upper GI disorders
- 5) Discuss the physiology of the stomach, gallbladder and pancreas
- 6) Discuss the optimal supplementation and dietary strategy to optimize stomach function and prevent reflux