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Sports Nutrition for Athletes and Patients in Chronic Pain

14 & 15 November 2015

Presented by: David R. Seaman, DC, MS

The purpose of this program is to outline the biochemical factors related to pain and musculoskeletal dysfunction in athletes and non-athletes. Specific biochemical and physical exam markers have been identified that indicated the presence of chronic inflammation that is now known to promote the express of musculoskeletal pain syndromes and visceral disease. Natural means to reduce chronic inflammation will be described included sleep, stress reduction, exercise, diet and nutritional supplements. The emphasis will be placed on the nutritional factors.

Please book online at www.aecc.ac.uk/cpd

	Early Bird	After 2/10/15
AECC GA/TAM/EAC/RCC	£350	£438
Non Members	£375	£469
Students	£175	£219

Early Bird discount for bookings received on or before 2 Oct



Biomechanics

- The neurochemistry, mechanics, physiology and biochemistry of movement
- The forgotten “bio”chemical and physiologic components of “bio”mechanics
- Why the pain mediator Prostaglandin E2 (PGE2) is actually anti-inflammatory when produced systemically during movement
- Why pro-inflammatory biochemistry can prevent success of properly performed joint manipulation - introduction

How diet causes the mutation of the musculoskeletal (MsK) system – Part 1

- Tendinosis – a musculoskeletal mutation that can occur without physical injury and can mimic atherosclerosis
- Introduction to Body Mass Index (BMI) and pain

How diet causes the mutation of the musculoskeletal (MsK) system – Part 2

- Osteoarthritis – how joints become omega-6 fatty acid storage sites of chronic inflammation
- Introduction to metabolic syndrome and pain

BMI and other surrogate markers of MsK-mutating chronic inflammation

- BMI
- Waist-hip ratio
- Self-rated health
- Sleep

Metabolic syndrome and so-called “mechanical” pain expression

- Introduction to adiposopathy (“sick-fat syndrome”)
- How the metabolic syndrome manifests as a producer of inflammatory mediators

Post-prandial inflammation

- Sugar and postprandial inflammation
- Flour and postprandial inflammation
- Refined carbohydrate with lipids and post prandial inflammation

Gut lipopolysaccharide and system inflammation and pain

- Postprandial endotoxemia
- Diabetes and depression
- Magnesium
- Omega-3 fatty acids
- Vitamin D

How post-prandial inflammation adds to local inflammation and pain expression

- Biochemistry of nociceptors
- The chemistry of disc herniation, osteoarthritis, atherosclerosis

Glucosamine/chondroitin – why they may help or fail

- Biochemistry of glucosamine/chondroitin supplementation
- Predictors of glucosamine/chondroitin success in osteoarthritis

Discopathy

- Internal disc disruption - introduction
- Metalloproteinases as the driver of disc herniation and other chronic diseases

Anti-inflammatory diet

- Lean protein
- Vegetation

Anti-inflammatory supplements

- Proteolytic enzymes
- Ginger, turmeric and other botanicals

12 CPD Hours

ACCREDITED FOR 12 CPD POINTS BY THE EUROPEAN ACADEMY OF CHIROPRACTIC

Registration: Saturday 08:45

Saturday: 09:00-18:00

Sunday: 09:00-13:00

