

Title: The Opioid Crisis: Addressing Neurotransmitters and Reducing Stress May Be an Answer

Instructor: Cindy M. Howard, DC, DABCI, DACBN, FIAMA, FICC

Total Hours: 4 hours

Topic: Nutrition

Description: During this presentation, you will see the correlation between stress and adrenal disorders as well as neurotransmitter dysfunction that commonly leads us down a path of chronic pain, difficulty in recovery, and mental challenges. With the increase in opioid prescriptions, it is now more important than ever for chiropractic physicians to have the tools necessary to combat this crisis. The ability to utilize nutrition and supplementation, as well as lifestyle changes, can strongly impact outcomes for patients in a way that is healthier and more permanent without the potential for addictive substances. Understanding the causes of adrenal and neurotransmitter imbalance and eliminating triggers will be presented with simple concepts to implement into practice.

Course Objectives:

- Recognize the Interplay between Stress, Adrenal Disorders, and Neurotransmitter Dysfunction
- Utilize Nutrition, Supplementation, and Lifestyle Changes to Address Adrenal and Neurotransmitter Imbalance
- Implement Simple Concepts into Practice to Improve Patient Outcomes

Hour 1:

- Review statistics and research on Opioid use and addiction.
- Discuss how Opioids work.
- Evaluate what happens with addiction and its relationship to dopamine.

Hour 2:

- Discover how chronic stress will alter adrenal and neurotransmitter function.
- Review the role of infection as a result of stress.
- Evaluate the gut, brain, and mouth connection.

Hour 3:

- Discuss testing for gut and mouth infections, as well as adrenal stress.
- Discuss treatment protocols for infection, adrenal stress and fatigue.

Hour 4:

- Review testing for neurotransmitters (Serotonin, Gaba, Dopamine, Epinephrine, Norepinephrine)
- Discuss treatment protocols for healing.
- Evaluate case studies.

Instructor Methodology

Lecture: The instructor will deliver content through informative lectures, providing background information, statistics, and case examples.

Visual Aid: Slides will be used to visually reinforce key points, provide data, and showcase examples.