

Title: Top 10 Reasons You are Fatigued

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

Total Hours: 4 hours

Topic: Nutrition

Description: We will cover the relationship of infection (viral, bacterial, parasitic, and fungal), chronic disease, stress and the changes that occur within the HPA axis. She will explore the connection of different types of stress: physical as well as emotional that will decrease one's resistance to infection. The role of neurotransmitters affecting immune cells will affect the HPA axis. In addition, cortisol imbalances and inflammation can relate to chronic infection. Research around chronic infection and the HPA axis will be presented. Treatment protocols to tackle even difficult cases of these types of conditions will be shared. Case studies on patients seen in practice will demonstrate the success in treating individuals with chronic HPA dysfunction, both with infection or at the risk of infection.

Course Objectives:

- Identify Common Health Conditions Contributing to Fatigue
- Evaluate Lifestyle and Environmental Factors Affecting Fatigue
- Analyze Nutritional and Metabolic Factors Influencing Fatigue

Hour 1:

- Discuss health concerns that could be the cause for patient fatigue.
- Review Hypothyroidism and Hashimoto's
- Evaluate differences in testing for food sensitivities.

Hour 2:

- Discuss treatments to improve sleep.
- Review how to assess and test for adrenal function.

Hour 3:

- Discuss association of fatigue, diagnosis, and treatment protocols for heart disease.
- Review screening, causes, treatment, and prevention of urinary tract infections.
- Discuss Vitamin D and other micronutrient deficiencies.

Hour 4:

- Discuss candida/gut infections.
- Discuss caffeine overload, misconceptions, and relationship to adrenal fatigue.
- Review case studies reviewing all aspects of fatigue.

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.