



## When Inflammation Becomes Chronic Treating the Underlying Cause

Presented by: **By Scott Bergman, D.C.**

**Saturday, February 2, 2019**  
**Columbus, OH**

**Sunday, February 3**  
**Plymouth, MI**

While acute inflammation is our body's natural response to protect and repair, chronic inflammation has no therapeutic benefit and creates a cascade of dysfunction and disease. It is an epidemic, causing millions to suffer and costing our society billions of dollars. Learn to address the underlying causes of inflammation, including nutrient reserve depletion, endocrine compromise, mitochondrial derailment, exo-endo toxemia, gastrointestinal imbalances and insulin resistance.

### Seminar Schedule

**8:30 - 10:00 am**

#### **Nutrient Reserve Depletion from Inflammation and Stress**

- The Hypothalamus-Pituitary: Adrenal, Thyroid, Gonadal Axis. HPA, HPT, HPG
- Stress, Cortisol and Catecholamine dysregulation
- Blood Sugar and Insulin Resistance

**10:15 - 12:00 noon**

#### **Digestion**

- Digestion, Assimilation, Absorption and the Microbiome
- Prebiotics, Probiotics and Nutrient Reserve Deficiencies
- Leaky Gut and GI Conditions
- Underlying Infections - SIBO, Candida
- The role of Diet, Lifestyle on GI complaints
- Organic Acid Testing
- Gut restoration protocols

**12:00 - 1:00 pm**

#### **Healthy Keto Lunch with vegetarian options included**

**1:00 - 2:30 pm**

#### **Brain**

- Nutritional protocols for Concussions/Traumatic Brain Injury
- Neurodegeneration of Cognitive Diseases (Alzheimer's, Parkinson's, Dementia)
- Neurotransmitter Imbalance causing Mood Disorders such as Depression and Anxiety
- Nutritional needs for ADD/ADHD and Autism management
- The Brain / Gut Connection

**2:45 - 4:30 pm**

#### **Keto and Fasting**

- Examine the Lipid-Hypothesis, Fat Phobias and Fat Facts
- Efficacy of a Low Carb, High Fat / Ketogenic Diet
- Simple steps to avoid the "Keto Flu"
- Special considerations before prescribing a ketogenic diet
- Athletic performance and the keto and cyclic ketogenic diet
- The Value of Intermittent Fasting
- Bio-Impedance Analysis (BIA) and Interpretation
- Systems Based Nutritional Protocols

# Registration Information

**Registration** 8:00 - 8:30 am

Please contact your Metagenics Functional Medicine Consultant to register or MetaMidwest (800) 522-6382

**Lecture** 8:30 am - 4:00pm  
A Healthy Keto Lunch and Syllabus will be provided.

**Cost** \$149 Health Care Provider  
\$99 each additional staff member  
No refunds after 5 days before the seminar date

6.5 Chiropractic CEU's have been applied for and will be an additional \$35.00

## Michigan

Jill Beckman - (734) 216-0069  
Susan Pontack, RN - (586) 242-4131  
Sarah Grondin - (616) 260-1868

## Ohio

Chris Natsch - (614) 496-2043  
Beth O'Rourke - (216) 272-0724

## Saturday, February 2, 2019

Embassy Suites by Hilton  
2700 Corporate Exchange Dr.  
Columbus, Ohio 43231  
(614) 890-8600

## Sunday, February 3, 2019

The Inn at St. Johns  
44045 Five Mile Rd.  
Plymouth, MI 48170  
(248) 414-0600

## Scott Bergman, D.C.



Scott Bergman, DC is a chiropractor, board-certified naturopath, holds a diplomate in integrative medicine and is a certified functional medicine practitioner in Walnut Creek, California. Since 1993 Dr. Bergman has been the director of Chiro Kinetics, an integrative health clinic combining chiropractic health care, rehabilitation, pilates, core yoga therapy, functional medicine, and biological resonance. He uses these resources to treat all age groups and varied levels of health from those with chronic inflammatory and autoimmune conditions to world champion ultra endurance athletes. For 26 years, Dr. Bergman has presented health, nutrition, and fitness information internationally in business, education, and community settings. Dr. Bergman completed his chiropractic training at Los Angeles College of Chiropractic.