

Mpls./St. Paul

Duluth

St. Cloud

Worthington

Mankato

Fargo

# Without A Doubt! <sup>TM</sup>

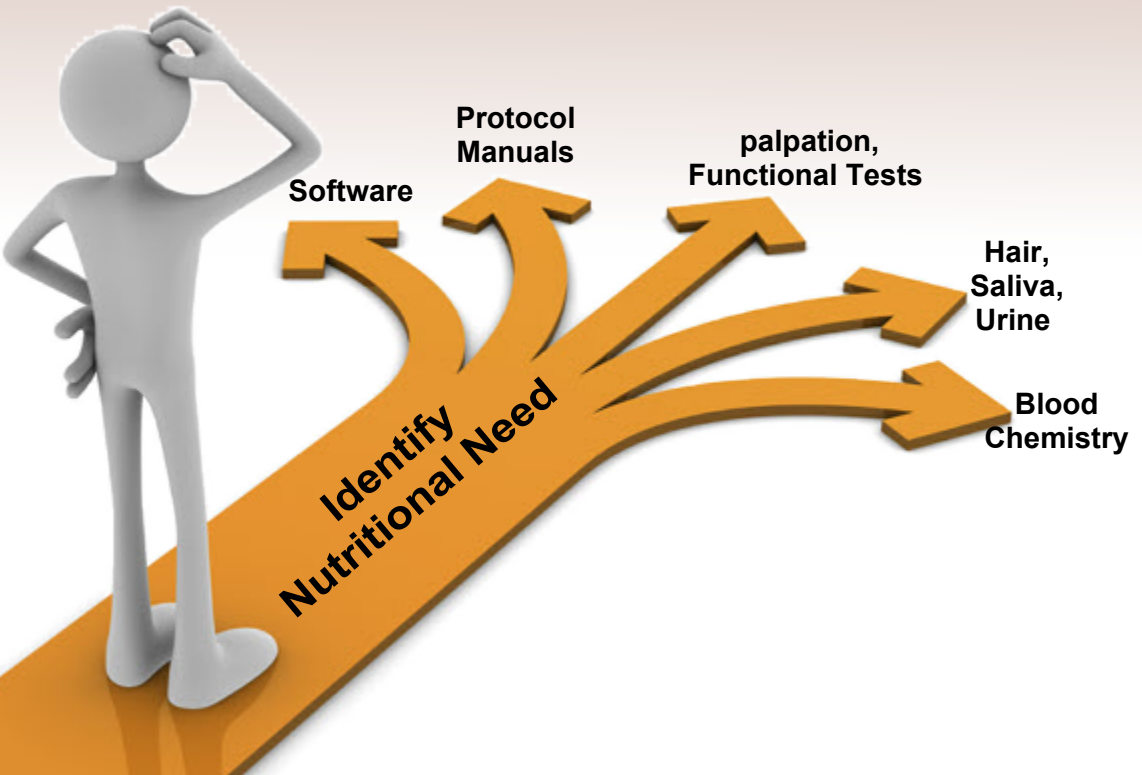
LAB DIRECTED NUTRITIONAL THERAPY

An 8-Part Nutritional Workshop Series On  
Using Simple In-Office Lab Testing  
To Implement Nutritional Therapy With Your Patients

Using Simple In-Office Lab Testing To:

Identify patient nutritional need “without a doubt”

Demonstrate that need “without a doubt” to your patient



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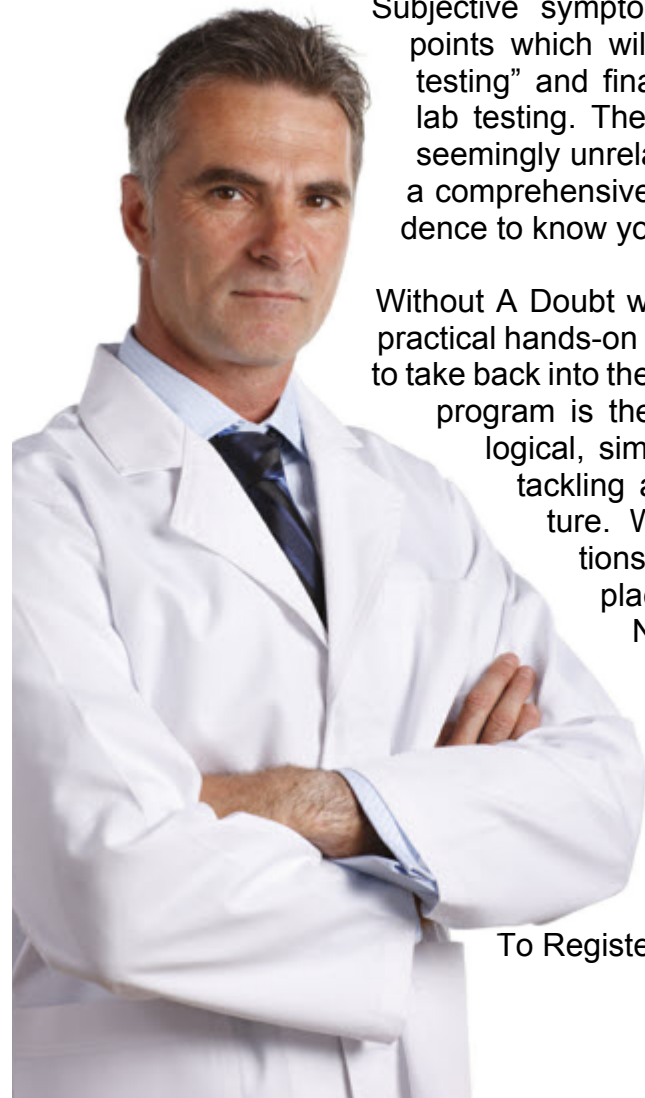
Each of the modules can be taken as standalone sessions, however the greater understanding will take place if taken in sequential order to understand the cross validation of the tests.

Subjective symptoms will correspond to reflex points which will be reflected in the “in-office testing” and finally surface in more traditional lab testing. The beauty of this system is that seemingly unrelated pieces of information form a comprehensive picture allowing you the confidence to know you are treating the right area.

Without A Doubt will provide the practitioner with practical hands-on knowledge that you will be able to take back into the clinic and use on Monday. The program is the result of trying to develop a logical, simplified, organized approach to tackling a patient's complex health picture. When you correct the foundations the rest will generally fall into place.

No more chasing a patient's symptom picture. You will have the effective tools to methodically and logically navigate your way through the patient's myriad of symptoms.. Without A Doubt!

To Register call Metabolic Management  
**800-373-1373**



## Utilizing Histories, Symptom Surveys, Urinalysis, Functional Tests, etc

Where to begin and why you should. What are the essentials of good history, a Cornell University study documented that 83% of the nurses there could arrive at a correct diagnosis with a good history alone. We will look at histories as they pertain to specific conditions. We will also look at Dr. Chapman's work, he was an osteopath who spent years studying hospital patients and correlating their illnesses to specific body points. We will look at how these points can aid in the narrowing down a diagnosis and choosing nutrition that will benefit the patient.

We will focus a fair amount of time on the digestive system. If you have been involved in nutritional therapy for any amount of time you know how important the digestive system is as the starting point. This is where the digestion, absorption, assimilation of nutrients and elimination of waste products take place. Lastly participants will understand how to apply a simple easy to follow systematic detox program that can be used 2 x year for every patient.

## Developing Advanced Palpation Skills

In this session we will cover in depth "The Pillars" or "Foundations" of health: Digestion, Mineral Balance, Essential Fatty Acids, Sugar Regulation, and Hydration. We will pick up on doing a nutritional examination with the remaining organ systems. We will again make use of Chapman's reflex points as well as other time-tested nutritional exams that the successful practitioners have used for years to assure you have the correct nutrient for the patient. We will look at the vertebral indicators as one more tool in your arsenal of nutritional diagnostic tools.

## The Use Of In-Office Lab Testing

In this session we will focus on tests for the endocrine, immune and cardiovascular systems. A brief 'academic' overview of these systems will be discussed. These seminars are designed to be more practical than academic but a brief overview of the 'interconnectiveness' of all the organ systems and how a weakness or metabolic disturbance in any may affect another is necessary for greater understanding. Chapman Reflexes for these specific organ systems will be demonstrated and workshoped. Various other in-office tests will be reviewed and demonstrated. Emphasis will be on practical hands-on procedures that can be implemented the next day.

## In-Office Lab Testing: Part II

In this session we will continue the discussion of the physiology and therapeutic value of the in office tests that were not covered in session Three. We will review the prior sessions to make sure clinicians have a working knowledge of how to apply the tests and understand the hierarchy of which test results to treat first. Participants will be asked to perform tests upon each other and test kits will be available to perform tests upon themselves. This session puts it the individual pieces together and helps the clinician form a comprehensive picture and instills confidence to know you are treating the right area.

## Cancer: Causes, Prevention, Nutritional Support

Session 5

4 hours

In Session 5 we will look at the numbers, the causes, how to prevent, and what you can do to help the cancer patient metabolically and naturally. Almost 600,000 people in America died from cancer in 2007. In a country where 1.5 million new cases of cancer are reported each year discovering new and better ways of preventing this relentless killer is vital.

Despite the billions of dollars that have been spent on cancer research, cancer treatments today are relatively stagnant and standardized and viewed by many to be useless. We will focus on the elimination or removal of causal factors, the role of genetics, repair of damage to the organs and organ systems and how to restore regulatory and immune mechanisms

## Hormones & Endocrine

Session 6

4 hours

In session 6 we will take an introductory approach to the roles of hormones and nutritionally repairing and restoring function to their respective endocrine gland or system. We will specifically cover male and female organ systems as well as the thyroid. It has been said you are only as happy as your hormones; you will come away with an understanding of these systems and the powerful nutritional tools at your disposal.

## Autoimmune Disorders

Session 7

4 hours

The National Institutes of Health (NIH) estimates that up to 23.5 million Americans have an AD. In comparison, cancer affects up to nine million and heart disease up to 22 million. They estimate the annual direct health care costs for AD to be in the range of \$100 billion in comparison, cancer costs are \$57 billion and heart and stroke costs are \$200 billion.

Normally, the immune system can distinguish between “self” and “not self” and only attacks tissues it recognizes as “not self.” This is usually the desired response, but not always. Sometimes the immune system ceases to recognize one or more of the body’s normal constituents as “self” and will create auto-antibodies that attack its own cells, tissues, and/or organs. This causes inflammation and damage and it leads to autoimmune disorders. We will cover the suspected causes, types and possible nutritional support of autoimmune disorder.

## Cardiovascular

Session 8

4 hours

Still the number one killer, cardio vascular disease, is something we can identify early and treat successfully. The number of screening tests to identify inflammation and other potential cardiovascular problems are rising and the ways to treat them safely, efficiently and effectively in your office are rising as well. This session will review ways to screen patients for cardiovascular problems with simple blood tests and look for several ways to assess inflammation beyond the commonly accepted C-Reactive Protein. We will also review the latest research on cholesterol and its true role in heart disease as well as novel ways to reduce the unwanted fractions. The Literature is clear that drugs deplete nutrients. Resources will be shared on how to assess the nutrient depletions that occur as a result of prescription drugs.

# Without A Doubt!™

Advanced workshops (sessions 5-8) are held in the morning from 8:00 to 12:00  
Foundational workshops are held the same day in the afternoon from 2:00 to 6:00

<b>Duluth</b> AM hours 8:00 - 12:00 PM hours 2:00 - 6:00			<b>St. Cloud</b> AM hours 8:00 - 12:00 PM hours 2:00 - 6:00			<b>Fargo</b> AM hours 8:00 - 12:00 PM hours 2:00 - 6:00		
12/10/09	Session 5 Session 1	AM PM	01/05/10	Session 5 Session 1	AM PM	01/07/10	Session 5 Session 1	AM PM
02/18/10	Session 6 Session 2	AM PM	03/02/10	Session 6 Session 2	AM PM	03/04/10	Session 6 Session 2	AM PM
04/29/10	Session 7 Session 3	AM PM	05/11/10	Session 7 Session 3	AM PM	05/13/10	Session 7 Session 3	AM PM
06/24/10	Session 8 Session 4	AM PM	07/20/10	Session 8 Session 4	AM PM	07/22/10	Session 8 Session 4	AM PM
Comfort Inn 3900 W. Superior Duluth, 55807 218-628-1464			Country Inns & Suites 120 7th Ave SE St. Cloud, 56304 320-252-8282			Comfort Suites 1415 35th St., S. Fargo, 58103 701-2375911		

<b>Mpls - St. Paul</b> AM hours 8:00 - 12:00 PM hours 2:00 - 6:00			<b>Mankato</b> AM hours 8:00 - 12:00 PM hours 2:00 - 6:00			<b>Worthington</b> AM hours 8:00 - 12:00 PM hours 2:00 - 6:00		
10/24/09	Session 5 Session 1	AM PM	11/10/09	Session 5 Session 1	AM PM	11/12/09	Session 5 Session 1	AM PM
01/16/10	Session 6 Session 2	AM PM	01/19/10	Session 6 Session 2	AM PM	01/21/10	Session 6 Session 2	AM PM
03/20/10	Session 7 Session 3	AM PM	03/30/10	Session 7 Session 3	AM PM	04/01/10	Session 7 Session 3	AM PM
05/22/10	Session 8 Session 4	AM PM	06/08/10	Session 8 Session 4	AM PM	06/10/10	Session 8 Session 4	AM PM
Northwestern University Bloomington Call for room #			Country Inns & Suites 1900 Premier Dr. Mankato, 56001 507-388-8555			Holiday Inn Express 1250 Ryan's Rd Worthington, 56187 507-372-2333		

## Attend One Session Or Attend Them All

**Cost is \$80 per session      Call 800-373-1373 to register**

**Students: Attend any session no charge**

Let Dr. Greg Peterson, a chiropractor, from Winona, Minnesota help take you to the next therapeutic level. He has a DABCI in Chiropractic Internal Medicine which means he has over 30 weekends of clinical training on testing and nutritional evaluation. Even though he has been a chiropractor for over 20 years, biochemistry has always been his hidden passion, and he has studied naturopathy and has experience with multiple muscle testing disciplines. He will help you develop a profitable wellness center in your community.



Cont. Ed. hours  
 applied for:  
 MN, ND, SD,  
 WI, IA