Anti Aging Course
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Course Description

This is a non-invasive anti aging program to achieve wellness:

- This presentation highlights the scientific breakthroughs and discoveries in the field of human longevity and anti aging from a chiropractic standpoint.
- Physiological explanation of the process of aging with special emphasis on non-invasive anti aging protocol.
- The effects of growth hormone and other nutritional supplements on health.
- Effects of specialized exercise, supplements and diet in stopping, delaying or reversing the age related disorders.
- Contemporary scientific breakthrough on lifestyle / aging and cancer connection

4 Hours Technique

HOUR 1  
Clinical/ Geriatrics
Introduction and recent literature review on new scientific discoveries in the field of anti aging  
Demographic and Statistics of aging population  
Aging as disease (physiological process of aging) and theories of aging

HOUR 2  
Clinical/ Physiology
Growth hormone History, safety, side effects.  
HGH and aging  
Mechanism of secretion and factors the regulation of growth hormone

The Natural Anti Aging Program:
1. Natural secretagogues (growth hormone releasers)  
2. Diet and Caloric restrictions  
3. GH releasing exercise  
4. Anti aging and lifestyle factors - life span Vs life expectancy  
5. Anti-aging remedies, Vitamins, minerals, Supplements with anti aging properties

HOUR 3  
Nutrition /Research
Contemporary scientific breakthrough on lifestyle / aging and cancer connection

HOUR 4  
Nutrition /Research
Poor diet as a major predisposing factor to cancer  
Food groups with anti cancer properties

Question and Answer Session