

# CHIROPRACTIC WELLNESS LIFESTYLE

***“This revolutionary program will move chiropractors into the leadership role in the wellness field that we have always envisioned and always deserved.”***

--Dr. James L. Chestnut

The Chiropractic Wellness Lifestyle Program provides extensive instruction in a scientifically relevant, clinically practical format, addressing advanced aspects of wellness and optimal health in the context of the chiropractic paradigm.



Chiropractic  
Wellness Lifestyle  
Certification  
is credentialed  
through the  
ICA Council on  
Wellness Science:  
[icawellnessscience.org](http://icawellnessscience.org)

## WELLNESS INSTRUCTION – KEY CONCEPTS AND CONTENTS

### Module 1: Evidence-Based Chiropractic and Lifestyle for Recovery, Wellness, and Prevention

- Defining Wellness with respect to research, patient assessment, and clinical analysis and intervention
- Identifying structural and neurophysiological effects of VSC in adaptive (stress) physiology and illness
- Reviewing referenced literature, identifying scientific evidence relating chiropractic's health promotion and illness prevention benefits in relation to chiropractic adjustments and optimizing spinal motion
- Coordinating clinically relevant, practical approaches to successfully integrate wellness into your practice

### Module 2: Eat Well: The Science, Paradigm, and Clinical Application of Wellness Nutritional Protocols

- Clarifying the body's innate genetic requirements for nutritional content and nutrient sufficiency
- Studying the physiological impact of the standard "Western Diet" with metabolic acidosis, insulin resistance, probiotic deficiencies, fatty acid metabolism, and other concerns
- Reviewing the toxic effects of food additives, preservatives, household products, and industrial chemicals
- Research findings identifying health promoting and illness preventing benefits of innately balanced and sufficient nutritional choices

### Module 3: Move Well: The Science, Paradigm, and Clinical Application of Wellness Movement and Physical Fitness Protocols

- Addressing the body's innate genetic requirements for optimal physical fitness and energy expenditure
- Understanding physiological repercussions of sedentary patterns including brain function, body composition, and immune system integrity
- Highlighting beneficial impacts of exercise and spinal hygiene on proprioception, neuromuscular integrity, organ function, learning and emotional health
- Introducing exercise and training approaches for spinal hygiene, functional restoration and spinal health

### Module 4: Think Well: The Science, Paradigm and Clinical Application of Wellness Emotional, Intellectual, and Spiritual Fitness Protocols

- Understanding neurophysiological ramifications of emotional and physical stress, including adaptive physiology in the context of the multiple structural and physiological elements of subluxation complex
- Identifying interactions of somato- and psycho- neuroimmunology and neurophysiology in health and illness
- Reviewing scientific literature highlighting health promotion and illness prevention benefits of positive mental attitude and congruent belief systems
- Outlining optimal approaches and proactive applications for implementing human behavior change through transforming attitude and actions toward wellness-congruent lifestyle changes in patient case management

**About Certification:** The C.C.W.P. certification credential is awarded by the ICA Council on Wellness Lifestyle Science to DCs undergoing the program for certification, upon completion of the specified onsite seminar course-work, home study modules, examinations, and other requirements for becoming a Certified Chiropractic Wellness Lifestyle Practitioner. For additional information contact the ICA Council on Wellness Lifestyle Science.

#### ICA Council on Wellness Lifestyle Science

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