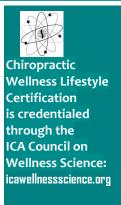
CHIROPRACTIC WELLNESS LIFESTYLE

"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.



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.

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