



Improving Immunity

Chiropractic Society of Wisconsin February 2023

Dr. Georgia Nab, DC, MSHNFM, IFMCP, CNS

Description: Are you finding patients struggling more with immune issues? Seeing more patients who are being diagnosed with autoimmunity? What does the newest research show is effective to support immune challenges? Dr. Nab will present during this 4-hour continuing education program on clinical nutrition for supporting the immune system, combining the latest research with clinical practice. Case studies with clinical strategies the practitioner can put into practice on Monday morning will be a large part of discussion with an emphasis on whole food nutrition/food as medicine.

Hour 1-2: Review of the immune system

- Basic immunology, Complement immune system and T/B cell immunity

- Nutritional and herbal support for general immune enhancement

- Case studies

Hour 3-4: Autoimmunity and other healthy challenges

- Review of autoimmunity, potential triggers

- Nutritional and herbal strategies to support autoimmunity

- Covid: latest updates with discussion on long covid

- Strategies to support immune system

- Case studies