

ChiroHealth Educational Seminars

“Dedicated to provide quality post-graduate Chiropractic Education within the discipline”

CHIROHEALTH EDUCATIONAL SEMINARS

PRESENTS...

David Seaman, DC, MS, DABCN

THE DeFLAME DIET

DeFlame your diet, body, and mind

Applications & Protocols for the
Chiropractic Practice



- Confidentially incorporate diet nutrition into your practice
- Provide valuable health services to your patients
- Enhance clinical confidence
- Learn first-hand protocols and modalities for treating weight loss patients
- All applications are evidence based

SEMINAR LOCATION & ACCOMODATIONS:

ONE DAY ONLY!

CLEVELAND, OH

Saturday, OCTOBER 8, 2016

HILTON GARDEN INN - Cleveland Airport

4900 Emerald Court SW,
Cleveland, OH 44135
Res. Ph: 216-898-1898

9-HOUR CE OHIO LICENSE RENEWAL COURSE

SPONSORED BY NOAC

NORTHEAST OHIO ACADEMY OF CHIROPRACTIC

COLUMBUS, OH

Saturday, DECEMBER 3, 2016

HILTON GARDEN INN – Columbus- Polaris

8535 Lyra Drive, Columbus, OH. 43240
Exit off I-71 @ Exit 121 Polaris

Res. PH: 614-846-8884

9-HOUR CE OHIO LICENSE RENEWAL COURSE

SPONSORED BY NOAC

NORTHEAST OHIO ACADEMY OF CHIROPRACTIC



Registration will be taken at the door. Space is limited to 45 doctors.

PLEASE REGISTER EARLY!

The DeFlame Diet

PROGRAM ACCREDITATION:

This course is accredited through the Northeast Ohio Academy of Chiropractic (NOAC) for Ohio license renewal. 9 CE credit hours.

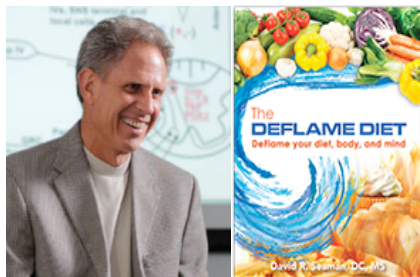
SEMINAR TIMES:

Saturday Registration Time	7:30 am
Saturday Morning	8:00 am – 12:30 pm
LUNCH ON YOUR OWN	12:30 pm – 1:30 pm
Saturday Afternoon	1:30 pm – 6:30 pm

Complimentary refreshment and snacks will be provided throughout the seminar.

SEMINAR COURSE NOTES will be emailed on the Tuesday before the seminar if you register prior to the seminar date. Course notes will be available at the seminar for at-the-door registrations ONLY.

ABOUT THE SPEAKER



David Seaman, D.C., MS, DABCN

Dr. Seaman teaches evaluation and management courses for the musculoskeletal, cardio respiratory, gastrointestinal and genitourinary systems at Pinellas Park. He is also a faculty member for National's Masters of Science program in Advanced Clinical Practice. He is a graduate of Rutgers University and New York Chiropractic College. He then received a Masters degree in Nutrition from the University of Bridgeport and a diploma in neurology through Logan College of Chiropractic. Dr. Seaman has authored a book on clinical nutrition for pain and inflammation, and has written several chapters and articles on this topic.

SEMINAR INFORMATION

PROGRAM OUTLINE:

Hour 1: Basics of diet and inflammation

1. Understanding inflammation as a doctor
2. Approaches to explaining inflammation to the patient

Hour 2: Measuring inflammation markers in your practice

1. Questionnaires
2. Direct and surrogate markers of inflammation

Hour 3: Diet history

1. How the diet history demonstrates inflammation
2. How to apply in clinical practice

Hour 4: Dealing with the sugar, flour and gluten issue

1. The inflammation connection
2. How to deal with the misinformation to help patients

Hour 5: Whole grains, beans, dairy and inflammation

1. Whole grains – the least healthy whole food
2. How beans are anti-inflammatory

Hour 6: Nightshades and inflammation

1. History of the connection between nightshades and inflammation
2. Why nightshades are actually anti-inflammatory
3. Refined carbohydrate with lipids and post prandial inflammation

Hour 7: Gut inflammation, healing and health

1. Misnomers about complexity will be dispelled
2. Diabetes and depression

Hour 8: Saturated fats and cholesterol

1. Myths about heart disease
2. How saturated fats and cholesterol are anti-inflammatory

Hour 9: DeFlaming supplements

1. Multiple, magnesium, fish oil and vitamin D
2. Probiotics
3. Proteolytic enzymes
4. Ginger, turmeric and other botanicals

REGISTRATION INFORMATION

ADMINISTRATIVE INFORMATION:

Course Chairman, Alan L. Palgut, DC
Phone: (440) 449-1020

REGISTRATION INFORMATION:

Registration will only be accepted by the official registration form. Photocopies of the form are acceptable. ChiroHealth Educational Seminars accepts payment in the form of check, cash, MasterCard or Visa.

NO CHECKS WILL BE ACCEPTED FOR AT-THE-DOOR REGISTRATION.

DISCLAIMERS / CANCELLATION & REFUND POLCY

A refund will be granted provided notification is in writing and postmarked no later than 14 days prior to the seminar date. A \$40.00 service fee will not be refunded. When the program has been concluded as scheduled, but the registrant did not attend nor provide a 14-day cancellation notice, tuition is non-refundable. Any returned NSF check will incur an additional bank charge of \$45.00. Every attempt is made to offer this program as publicized. However, ChiroHealth Educational Seminars reserves the right to adjust program dates, location, times, instructors, etc. to accommodate unexpected faculty or student needs, and cancel due to insufficient enrollment. For this reason we do not recommend at the door registrations without prior confirmation of the status of this course. Attendance will be LIMITED, call ChiroHealth Educational Seminars at (440) 449-1020. ChiroHealth Educational Seminars is not responsible for any expenses incurred by the registrants due to program adjustments or cancellations. If license renewal credit is needed, please inquire if this course is approved for your state. No additional discounts or seminar transfer voucher/credit fees will apply for this **NOAC Sponsored Seminar**. No seminar transfers will be allowed.

CONTINUING EDUCATION CREDIT

9 CE credit hours available certified through Northeast Ohio Academy of Chiropractic. Individuals waiting to earn CE credit must sign in, complete the attendance form and return it at the end of the seminar. Each day will begin promptly at its designated starting time. Completion certificates will be distributed to all registered participants at the conclusion of the seminar. This program has been approved the Ohio continuing education credits for license renewal by the Ohio Chiropractic Board of Examiners. You may confirm this by accessing their website at www.chiroobd.ohio.gov

CONFIRMATION

A confirmation will be sent upon receipt of your paid registration either by mail or facsimile. Please allow ample travel time to guarantee on-time arrival. If you are in need of additional directions to the seminar location, please call the hotel listed below for directions or Map Quest the Seminar hotel location for more detailed directions.

REGISTRATION FORM

The DeFlame Diet

Cleveland, Ohio

SATURDAY, October 8, 2013

ChiroHealth Educational Seminars • 9 hours of CE

Name _____

(Please print your name, as you would like it to appear on badge)

Office Mailing Address _____

City _____

State _____ Zip Code _____

Phone Number _____

Fax Number _____ Ohio DC Lic # _____

Email Address _____

**SEMINAR COURSE NOTES will be e-mailed the Tuesday before the seminar if you register prior to the seminar date. Course notes will be available at the seminar for at the door registrations ONLY.*

TO REGISTER BY MAIL OR FAX *(phone registration)*

- Mail complete registration form with payment to:
ChiroHealth Educational Seminars
P.O. Box 85
Gates Mills, OH 44040
Tel: (440) 449-1020
- Fax your registration form with complete credit card information to **(440) 4490-1568**

REGISTRATION WILL BE TAKEN AT THE DOOR.
SPACE IS LIMITED TO 45 DOCTORS.
PLEASE REGISTER EARLY!
 Contact ChiroHealth Educational Seminars with questions.
(440) 449-1020

TO REGISTER ONLINE

- Go to **www.choh.org**
- Select **Seminars > complete the online registration**

REGISTRATION/FEES
 Registration forms must be postmarked or faxed on or before the pre-registration date to receive the lower fee.
Cleveland Seminar - Saturday, October 8, 2016

- \$185.00 Pre-registered on or before September 20, 2016
- \$215.00 Pre-registered on or before October 3, 2016
- \$230 Pre-registered on October 4, 2016 or at the door
- \$15.00 Fee for hard copy course notes. *(Electronically e-mailed at no-charge)*

PAYMENT METHOD

- Check Enclosed to: **ChiroHealth Educational Seminar**
- MasterCard
- Visa

Account # _____

Exp. Date _____ Security Code _____

(Last three digits of code on back of card)

Name _____ . (as printed on card)

Signature _____

REGISTRATION FORM

The DeFlame Diet

Columbus, Ohio

SATURDAY, December 3, 2016

ChiroHealth Educational Seminars • 9 hours of CE

Name _____
(Please print your name, as you would like it to appear on your CE certificate)

Office Mailing Address _____

City _____

State _____ Zip Code _____

Phone Number _____

Fax Number _____ Ohio DC Lic # _____

Email Address _____

(This e-mail will be used to send your course notes)

***SEMINAR COURSE NOTES** will be e-mailed on the Tuesday before the seminar if you register prior to the seminar date. Course notes will be available at the seminar for at-the-door registrations ONLY.

TO REGISTER BY MAIL OR FAX (phone registration)

- Mail complete registration form with payment to:
ChiroHealth Educational Seminars
P.O. Box 85
Gates Mills, OH 44040
Tel: (440) 449-1020
- Fax your registration form with complete credit card information to **(440) 4490-1568**

TO REGISTER ONLINE

- Go to **www.choh.org**
- Select **Seminars > complete the online registration**

REGISTRATION WILL BE TAKEN AT THE DOOR. SPACE IS LIMITED TO 45 DOCTORS.

PLEASE REGISTER EARLY!

Contact ChiroHealth Educational Seminars with questions.
(440) 449-1020

REGISTRATION/FEES

Registration forms must be postmarked or faxed on or before the pre-registration date to receive the lower fee.

Columbus Seminar – Saturday, December 3, 2016

- \$185.00 Pre-registered on or before November 21, 2016
- \$215.00 Pre-registered on or before November 28, 2016
- \$230 Pre-registered on November 29, 2016 or at the door
- \$15.00 Fee for hard copy course notes. (Electronically e-mailed at no-charge)

PAYMENT METHOD

- Check Enclosed to: **ChiroHealth Educational Seminar**
- MasterCard
- Visa

Account # _____

Exp. Date _____ Security Code _____

(Last three digits of code on back of card)

Name _____ (as printed on card)

Signature _____