

FUNCTIONAL MEDICINE

DAY 1 (9.00-17.00)

THEORY

09.00-10.00h: Inflammation: a new perspective

10.00-11.00h: Friend or foe?

11.00-11.30h: Chronic inflammation

11.30-12.00h: Healing & Tissue repair

12.00-13.00h: A systems approach

BREAK

13.30-14.00h: The immune system & inflammation

14.00-14.30h: Innate immunity

14.30-15.30h: Acquired immunity

15.30-16.00h: Immune Types Th1, Th2, TH17& Treg

16.00-17.00h: How to help you clients based on their immune type

DAY 2 (9.00-17.00)

09.00-10.00h: Low back pain

10.00-11.00h: COVID-19

11.00-11.30h: Autoimmune Disease

11.30-12.00h: Stealth infections

12.00-13.00h: The nervous system, fascia & the immune connection

BREAK

14.00-15.00h: Questions you need to ask your clients

15.00-16.00h: Case Studies

16.00-17.00h: Putting it into practice