

21st Century Approach to Musculoskeletal Conditions -- The Gut-Joint Connection

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The gut-joint connection is one of chiropractic's most hotly debated topics. Research surrounding these connections has experienced significant growth recently in incidence, assessment, and recovery.

In chiropractic care, we see many patients with joint disorders. Some of our most common musculoskeletal conditions have an autoimmune component to their etiology and may account for their relentless progression and difficulty in treatment. The role of dietary and gut-related pathogens as triggers or exacerbators of joint disorders has been defined. The gut-joint axis is real. Gut-related antigens from bacteria, oral pathogens, and food proteins can play a role in multiple joint disorders, including joint tissue inflammation, autoimmunity, and degeneration. Thus, the importance of intestinal barrier health should be emphasized more. Gut barrier integrity testing, autoantibody assessments, identification of environmental triggers, and intestinal barrier healing and wellness protocols will be presented.

Join Dr. Silverman as he reviews the specific nutrients that can be used to modulate the expression of inflammation and share insight into the prophylactic use of nutrition to support joint integrity and maintain healthy motion. In this incisive presentation, you will gain insight into a comprehensive methodology that incorporates proven protocols into a clinically valuable system—one you can apply to your practice immediately.

Program outline:

- 40 mins. Connect gut – immune system – joints for better management of chronic joint disorders.
- 40 mins. Expertly assess intestinal barrier dysfunctions.
- 40 mins. Identify key gut-related triggers of joint disorders.
- 40 mins. Describe the overall role of gut dysbiosis and increased intestinal permeability in the pathogenesis of spinal disorders.
- 40 mins. Elucidate the importance of LPS endotoxin in the inflammatory process leading to arthritis and intervertebral disc degeneration.
- 40 mins. Integrate nutritional protocols for the microbiota-gut-spine connection.
- 40 mins. Identify key gut-related triggers of spinal disorders.
- 40 mins. Treatment protocols on testing to identify imbalances affecting the gut-joint axis.
- 40 mins. Utilize dietary improvements and selected supplements to reduce neuroinflammation's effect on joints.
- 40 mins. Review the signs and symptoms of neuroinflammation and the process that drives neurodegeneration.
- 40 mins. Incorporate leading-edge protocols for extending healthspan and longevity.
- 40 mins. Case studies, Q & A