

YOUR CLASS: THE SCIENCE OF LONGEVITY – Q & Q OF L

1 CE HOUR

Quality & Quantity of Life

What you will take away from this class:

- 1 Data on how the body is designed for longevity.
- 2 The specific detriments and enhancers to our bodies' adaptation mechanism.
- 3 The answers to combat neuromuscular aging – add backs.

Chiropractic care adds years to your life. It is true there are unending benefits of ongoing chiropractic care. Longevity for people is of paramount importance. We want to live long with optimal quality of life. This course will provide research, science, and practical application to combat neuromuscular aging.

TLC Instructor:

Dr Stephen Genthner



Aging is a Matter of Choice

The Choice is Ours

**Learn the Longevity Subtractors (-)
and Add Backs (+)**



YOUR CLASS: STRESS SIGNS, SYMPTOMS & SOLUTIONS

1 CE HOUR

What you will take away from this class:

- 1 Current research on how chiropractic care reduces negative effects of stress.
- 2 Prevalence data on how stress is affecting us all.
- 3 General Adaptive Syndrome (G.A.S.) from Hans Selye.

Stress is omnipresent. This class digs into Han Selye's General Adaptive Syndrome (G.A.S) and how as chiropractors we recognize signs of stress and teach people to live reducing the negative effects of stress.

Detecting the cumulative effects of stress in and on the body through consultation, examination, and thorough documentation builds the rationale for care beyond symptom relief.

This class is filled with research and science of how stress affects our bodies and challenges us to adapt positively.

TLC Instructor:

Dr Stephen Genthner



Stress is Unavoidable

Increase the Good Stressors

Decrease the Negative Stressors

**And Raise the Value of the Ongoing Benefits
of Chiropractic Care**



YOUR CLASS: BEST PRACTICES OF CHIROPRACTIC CARE

1 CE HOUR

What you will take away from this class:

- 1** The established, researched best practices of chiropractic care.
- 2** Research validating how chiropractic care is successful at reducing pain, improving function, and enhancing mental health.
- 3** Addressing patient expectations of care with certainty.

If the chiropractic profession had a best practice guideline to standardize our delivery of care producing optimal patient outcomes, how would that alleviate your clinical uncertainties?

This best practice class will give you the best practice standards to reduce pain, improve function and enhance mental health. All three of these outcomes will be explored through current research, relevant science, and practical clinical application.

TLC Instructor:

Dr Stephen Genthner



Standards of Care Unite the Doctor's Objectives in Delivering Care and the Patient's Expectations of Care Outcomes.

Standards of Care Are Our Best Practices

Learn The Standards + Deliver The Standards



YOUR CLASS: MOBILITY & MECHANICS

1 CE HOUR

What you will take away from this class:

- 1 Practical tests to measure mobility, strength and flexibility in your patient exams.
- 2 Mortality statistics that we as chiropractors can and should be reducing because of growing patients' mobility.
- 3 The differences in normal and abnormal movement defined by the physiology and function of joints.

This mobility mechanics class is a hands-on workshop style class designed to be a practical application of tests that raise awareness of the ongoing benefits of chiropractic care that improve mobility.

Research is replete revealing the prevalence of falls. The significance of the chiropractic care you provide in reducing mortality should compel you to take this workshop.

TLC Instructor:

Dr Stephen Genthner



Movement is Life

Add Mobility + Increase Years + Quality of Life

Test Mobility & Raise Value of the Results You Achieve

