

Nutrition Lollapalooza: French Fries Gut Flora & Fitness?

50 Shades of Inflammation: The Mouth Body Mind Connection

Description:

Your gut flora. Your resident gut microbiome. Your 100 trillion little friends that call your body home. Microscopic, yet enough to make your skin crawl. Understand why the dental professional is perfectly positioned to help ALL people live more vibrant lives, NOW. The latest research shows your patients' microbiome influence your patients' metabolism, mood, immune system, food cravings, oral health & yes even their personality. This fast-paced session was designed to give you – their oral health care provider everything you need to know about the human gut microbiome

Our patients don't leave their stressful jobs, poor sleeping patterns (insomnia, apnea, snoring), their physical fitness (or lack) or their eating patterns (mindless eating & evening feeding frenzies) in the car before they sit in our chair. There's irrefutable scientific evidence that these habits have the ability to ramp up inflammation or dial it down. Well adjusted, rested, physically active, healthy eating patients enjoy a physiology that supports a better response to our prevention/restorative interventions. In this high energy entertaining program be prepared to have your hair blown back!

Learning Objectives:

1. Gain insight into the science of the gut microbiome
2. Learn why NEW findings about your patients' gut flora are shaking the very foundation of health care & nutrition
3. Understand how your patients' dental arch integrity & oral condition directly impacts the health of their digestive health & ultimately every cell in their body.
4. Gain insight into how probiotics might have a place in your chair side conversations when you are prescribing antibiotics.
5. Discover how eating habits have the ability to dial down or ramp inflammation and how it affects your treatment outcomes

6. Learn why it's important to identify the sleep deprived (not just apnea) patient in your practice
7. Understand why your sedentary patients don't heal as well as your active living patients. ALERT 85% of your patients lead sedentary lives.
8. Gain greater insight into the relationship between chronic inflammation & disease
9. Develop a conversation style to positively impact your patient at the new patient & recare exam

Biography

Dr Uche Odiatu is the author of The Miracle of Health, a professional member of the American College of Sports Medicine and a practicing dentist in Toronto. This busy dad of four is an NSCA Certified Personal Trainer and has lectured in England, Canada, the USA, the Bahamas, Denmark, Bermuda and Norway. www.DrUche.com
Twitter @FitSpeakers Instagram @FitSpeakers

