

# **Clinical Neuro - Brain Examination with Clinical Pearls and Protocols Outline**

## **Week 1:**

Brain basics - what does each part of the brain do. Learning basic neuro anatomy and brain function makes brain-based work much easier, less frustrating, and more fun.

Brain development - learning how the brain develops opens the door to more effective care for kids with ADHD/ASD/OCD/Dyslexia/LD, etc. as well as adult brain-based patients with general anxiety disorder/depression/addictions, etc.

The Neuron Theory - fundamental metabolic driver of brain health. Simple issue to deal with that is simply missed by many practitioners.

## **Week 2:**

The Brain Gut axis - it's a two-way street. How the gut affects the brain and how the brain affects the gut and what you can do to improve the function of both

The autonomic nervous system taught in a way that makes it very practical and fundamental to your work-up and care.

History, physical exam and labs to assess and mark progress for the brain-gut axis and the ANS. Loaded full of practical tips and pearls to take your brain based care to the next level.

## **Week 3:**

The cerebellum/basal ganglia/frontal connection and how it essential to all movement and cognition.

How the cerebellum works and it's essential role for brain health

The cerebellum work-up, including history, physical and labs. We will also review metabolic support, lifestyle support and how to develop specific cerebellum exercises tailored for each individual patient for maximum results.

### **Week 4:**

The cerebellum/basal ganglia/frontal connection as it relates to the basal ganglia

The basal ganglia made simple. This very complex system can be taught in an understandable way that makes it clinically relevant.

The basal ganglia work-up, including history, physical and labs. We will also review metabolic support, lifestyle support and how to develop specific cerebellum exercises tailored for each individual patient for maximum results

### **Week 5:**

The cerebellum/basal ganglia/frontal connection as it relates to the frontal lobe

The basal ganglia work-up, including history, physical and labs. We will also review metabolic support, lifestyle support and how to develop specific cerebellum exercises tailored for each individual patient for maximum results

### **Week 6:**

Cranial nerves made relevant and clinically productive – Learn an exam that takes less than two minutes. Learn the connection between cranial nerves, autonomic balance and the social engagement system.

Parietal and temporal lobe history and physical exam for evaluation. Diet types, nutritional needs, lifestyle management and individualized brain-based exercises for clinical success

### **Week 7:**

BAIL EM out – Learn how to identify each of the 6 metabolic blocks and specific protocols for ultimate success in brain-based care. This section will include how to put together the history, physical and labs to help build a solid care program for brain health success.

### **Week 8:**

Putting together a plan integrating all the learned material. You will receive exam forms as well of care protocol forms to help you seamlessly bring this important aspect of care into your practice. We will take each element learned into a system for you to insert into your current care program.

### **In this course you will learn:**

- ✓ How to identify brain-based problems and evaluate overall brain function
- ✓ How to educate your patients and ultimately motivate them for compliance
- ✓ How to work through metabolic problems that are key to brain health
- ✓ How to improve Brain-Gut axis communication
- ✓ How to develop specific and individualized at-home brain exercises for yourself, your family members as well as your patients
- ✓ How to position yourself as expert for your patients

### **Program logistics:**

1. The cornerstone of the program will be the weekly videos produced (see outline for details of each subject).
2. There will be a weekly webinar or teleconference with Dr. Kessinger summarizing each week's lessons, troubleshooting issues, question/answer period as well as bonus information We will record each webinar and teleconference for those who cannot attend live.
3. Closed Facebook forum where you can ask questions and join conversations with a community of like-minded doctors through this sharing experience. Drs. Kessinger will be the moderators. Learning together as a group is an important benefit of the program.
4. This web-based Boot Camp format has proven to be the best method for learning. No travel time/expense, no hotel stays away from family, no airline's (or TSA) and in the comfort of your own home or office. The spots will be accepted on a first come first serve basis.
5. Videos and materials will be available for 1 year following the program.