



## Summary of Course and Qualifications of Instructor(s)

(Retain this form for your records together with your verification of hours.)

Colorado Chiropractic Association ■ 8751 East Hampden Avenue #B-7, Denver, CO 80231  
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**Course Title:** The Effects of Gut Health on Athletic Performance

**Date of Course:** Sunday, September 30, 2018

**CE Hours Applicable:** 4 (FOUR) CE Hours | 8:00 A.M. - 12:30 P.M.

**Location:** Crowne Plaza Denver Airport Convention Center | 15500 E 40th Ave | Denver, CO 80239

## Qualifications of the Instructor:

Dr. Robert G. Silverman, DC, MS, CNS, CCN, is a chiropractic doctor and clinical nutritionist and author of, "Inside-Out Health: A Revolutionary Approach to Your Body," an Amazon No. 1 bestseller in 2016. The ACA Sports Council named Silverman Sports Chiropractor of the Year in 2015. He also maintains a busy private practice as founder of New York ChiroCare, which specializes in the treatment of joint pain using functional nutrition along with cutting-edge, science-based, nonsurgical approaches.



Dr. Rob Silverman DC, MS,  
CNS, CCN, CSCS, CKTP,  
CES, CIISN, DACBN,  
DCBCN, HKC, FAKTR

Silverman is a seasoned health and wellness expert on both the speaking circuits and within the media. He has appeared on FOX News Channel, FOX, NBC, CBS, CW affiliates as well as The Wall Street Journal and NewsMax, to name a few. Recently he was invited as a guest speaker on "Talks at Google" to discuss his current book. As a frequent published author for Dynamic Chiropractic, JACA, ACA News, Chiropractic Economics, The Original Internist and Holistic Primary Care magazines, Silverman is a thought leader in his field and practice. His full list of credentials includes: DC, MS, CNS, CCN, CSCS, CKTP, CES, CIISN, DACBN, DCBCN, HKC and FAKTR.

## Synopsis of Course:

Attendees should be able to implement nutritional and laser protocols for gut health. Additionally, analyze lab assessments and learn athletic rehab, giving them the edge in their sports community.

Expected Learner Outcomes. Participants should learn how to:

- Expertly assess intestinal and blood brain barrier dysfunctions
- Understand the effects nutrition play in recovery after a concussion
- Utilize proper concussion rehabilitation methods
- Connect gut/immune system to brain for better management of concussions
- Identify modern lifestyle and environmental triggers that affect the gut-brain axis
- Integrate nutritional protocols for gut health for athletic performance
- Implement and incorporate low-level laser therapy into their armamentarium
- Assess and understand traumatic brain injuries

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**NOTICE:** To fulfill the CE requirements of the Colorado Board of Chiropractic Examiners established via rules, you must:

1. Obtain 15 CE hours per year (November 1 - October 31) for a total of 30 every two-year license renewal period. These hours must meet the educational requirements as outlined by the board. Subjects of a clinical nature are generally approved, while subjects such as practice management, managed care, financial management, or personal motivation do NOT qualify.
2. Maintain records of seminar attendance in your files including:
  - The title, date and hours of the course
  - Verification of CE hours attended
  - A synopsis of the course
  - The qualifications of the instructor
3. The board will perform audits to insure CE compliance.

**Please contact the CCA for additional information.**