**Course Title:**
Autoimmunity Clinical Strategies and Treatment Applications

**General Schedule:** November 9 – 10 from 9 am – 5:30 pm

**Instructor:** Datis Kharrazian, PhD, DHSc, DC, MS, MMSc, DACNB, DACBN, FACN

**Location:**
Hilton Garden Inn Carlsbad Beach
6450 Carlsbad Blvd.
Carlsbad, CA

**Course Description**
This course will provide an extensive literature review of autoimmunity. An evidence-based model incorporating diet, nutrition, and lifestyle medicine will be presented. Clinical applications of cross-reactivity, oral tolerance, microbiome diversity, and immune modulation will be highlighted.

**Learning Objectives:**
1. A basic review of immunology
2. Review the fundamental concepts of autoimmunity
3. Review the scientific literature for nutrients, dietary approaches, and lifestyle factors that impact autoimmune diseases
4. Understand T-cell, B-cell, and antibody laboratory testing
5. Learn clinical history and physical examination findings found with autoimmunity
6. Learn a clinical approach to managing autoimmunity with a functional medicine model
Autoimmunity – Live Course Schedule

Day 1 – November 9, 2019

9 am – 10:30 am: Review of basic autoimmunity
  • The role of cell-mediated and humoral immunity
  • The complement system
  • The role of antibodies
  • The role of the intestinal and blood-brain barriers

10:30 am – 11 am: Break

11 am – 12:30 pm: Fundamental concepts of autoimmunity
  • Molecular mimicry/cross-reactivity
  • Immunological tolerance
  • Concepts of neuroinflammation

12:30 pm – 1:30 pm: Lunch

1:30 pm – 3 pm: History, examination, and general laboratory findings with autoimmunity
  • Fundamental medical history findings associated with autoimmunity
  • Typical patterns reflective of autoimmunity with standard blood tests
  • Examination findings of demyelination throughout various regions of the central and peripheral nervous system

3 pm – 3:30 pm: Break

3:30 pm – 4:30 pm: Evidence-based diet, nutrition, and lifestyle approaches to autoimmunity
  • Dietary research on autoimmunity
  • Nutritional research on autoimmunity
  • Lifestyle research on autoimmunity

4:30 pm – 5 pm: Break

5 pm – 5:15 pm: Review of Day 1

5:15 pm – 5:30 pm: Questions

Additional assignment: 1.5 hours at-home reading research paper and online exam questions

Day 2 – November 10, 2019
9 am – 10:30 am: How to implement concepts of cross-reactivity into clinical practice
  •  Principals of cross-reactivity including amino acid sequence homology and
topographical antibody binding homogeneity
  •  Dietary proteins, antigens, and chemicals that cross-react with neurological
target proteins

10:30 am – 11 am: Break

11 am – 12:30 pm: How to incorporate concepts of immune modulation into
clinical practice
  •  The role of the microbiome in immunity
  •  The role of oral tolerance in autoimmunity
  •  A functional medicine/systems biology approach to immune modulation

12:30 pm – 1:30 pm: Lunch

1:30 pm – 3 pm: Key principals in autoimmunity management
  •  Concepts of plasticity versus neurodegeneration
  •  Essential principles for monitoring patients with autoimmunity
  •  The role of occupational rehabilitation in autoimmunity

3 pm – 3:30 pm: Break

3:30 pm – 4:30 pm: Case Studies
  •  Three case studies
  •  Clinical principles learned from case studies

4:30 pm – 5 pm: Break

5 pm – 5:15 pm: Review of Day 1

5:15 pm – 5:30 pm: Questions

Additional assignment: 1.5 hours at-home reading research paper and online
exam questions