Course Title: Autoimmunity Clinical Strategies and Treatment Applications

General Schedule: November 9 – 10 from 9:00 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

9:00 am – 10:30 am: Review of basic immunology and 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 – 11:00 am: Break

11:00 am – 12:30 pm: Fundamental concepts of autoimmunity
  • Agglutination
  • Citrullination
  • Haptenation
  • Immunological tolerance

12:30 pm – 1:30 pm: Lunch

1:30 pm – 3:00 pm: Dietary proteins and autoimmunity
  • Fundamental medical history findings associated with autoimmunity
  • Principals of cross-reactivity including amino acid sequence homology and topographical antibody binding homogeneity
  • Dietary proteins, antigens, and chemicals that bind cross-reactive with target proteins
  • How to develop the appropriate diet for autoimmune disease

3:00 pm – 3:30 pm: Break

3:30 pm – 4:30 pm: Infections and autoimmunity
  • Principals of antigen cross-reactivity
  • Clinical strategies with autoimmunity and infections

4:30 pm – 5:00 pm: Break

5:00 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

9:00 am – 10:30 am: Environmental and lifestyle triggers for autoimmunity
  • Chemical triggers for autoimmunity
  • Lifestyle triggers for autoimmunity
  • Clinical strategies to manage environmental and lifestyle triggers for autoimmunity

10:30 am – 11:00 am: Break

11:00 am – 12:30 pm: How to perform a comprehensive evaluation of patients suffering from autoimmunity
  • Key principals of conducting a medical history and physical examination for autoimmunity
  • How to evaluate autoimmune laboratory tests

12:30 pm – 1:30 pm: Lunch

1:30 pm – 3:00 pm: How to clinically manage patients suffering from autoimmunity
  • How to develop a dietary, nutritional, and lifestyle strategy for patients suffering from autoimmunity.
  • How to develop realistic clinical outcomes

3:00 pm – 3:30 pm: Break

3:30 pm – 4:30 pm: Case Study
  • Clinical principals learned from case studies

4:30 pm – 5:00 pm: Break

5:00 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