Clinical Nutrition - CS5604  
James H. Guest, DC, DACBN, CCN

Fall 2009 - Course Syllabus

Course Number: CS 5604  
Course Title: Clinical Nutrition  
Trimester: Fall 2009  
Trimester Credit Hours: 4  
Contact Hours per Trimester: 60  
Lecture Hours per Week: 4  
Course Instructor: James H. Guest, DC, DACBN, CCN  
Office Location: Center for Academics, Office #261

Office Hours: Monday: 10:00-10:50, Tuesday 10:00-10:50, Wednesday, 10:00-10:50, 12:00-12:50, Thursday 8:00-8:50

Office Telephone: (214) 352-7332 Ext 7203

Prerequisites: Biochemistry and Physiology III (or concurrent enrollment in Physiology III)

Course Description:

This course presents the principles and practice of scientifically based clinical nutrition. Topics discussed include nutritional assessment (nutritional implications of the physical exam, laboratory studies, and more), macronutrients, micronutrients, phytonutrients, enzymes, and other factors. Various conditions are discussed with emphasis on understanding that they are different expressions of imbalances and/or dysfunction that are preventable and correctable in many cases.

Course Objectives and Goals:

1. Understand the principles of a functional approach to health.
2. Understand how clinical nutrition may be approached in a manner consistent with chiropractic principles with special attention to the concepts of enhancing the live force and removing interference.
3. Be able to effectively assess a patient’s nutrition status and requirements. This assessment should include a nutritional approach to the patient history, physical examination, laboratory studies, etc.
4. Be familiar with vitamins, minerals, enzymes, flavonoids, indoles, and other nutrients. In addition to knowing the function of these nutrients, the student should also be aware of potential toxicity, interactions, and RDA’s.
5. Understanding protein, lipids, and carbohydrates and their effect on health. The students will explore different ideas on the proper ration, minimum, and maximum healthy amounts of these macronutrients.
6. Understand the deleterious effects of oxidative stress and the role of dietary antioxidants.
7. Understand the etiology, effect, and management of excessive gut permeability.
8. Be able to utilize a nutritional approach in managing excess or chronic inflammation.
9. Understand the role of nutrients in pain management and tissue repair in order to help
patients heal quickly and naturally.

10. Be knowledgeable about many of the theories, facts, and fiction surrounding weight management. The student should be able to evaluate popular diets.

11. Understand the process by which the body fights against toxicity. The discussion will focus on the liver’s role in this process and how we can support this natural function.

12. The student will be able to discuss the controversy surrounding dairy products and make appropriate recommendations.

13. The student will learn nutritional and lifestyle approaches to enhance a person’s ability to handle conditions such as osteoporosis, cardiovascular conditions, cancer, chronic fatigue syndrome, fibromyalgia, diabetes, osteoarthritis, rheumatoid arthritis, gastrointestinal disorders, and others.

14. Understand the specific nutritional needs of pediatric patients

15. Understand the implications of different diets such as vegetarian, vegan, high protein, carbohydrate restriction, macrobiotics, etc.

16. Understand how all these disparate pieces are really parts a whole. Everything learned relates to correcting imbalance and deficiencies and supporting the body’s ability to heal.

**Required Texts:**

*Clinical Nutrition - Lecture Notes* by James H. Guest, DC, CCN

**Suggested Texts:**

- *The China Study* by T. Colin Campbell
- *Eat to Live* by Joel Fuhrman, M.D.
- *In Defense of Food* by Michael Pollan
- *Principles and Practices of Phytotherapy* by Simon Mills and Kerry Bone
- *Clinical Nutrition for Pain, Inflammation and Tissue Healing* by David Seaman, DC, MS, DABCN
- *Textbook of Natural Medicine* by Pizzorno and Murray
- *The Encyclopedia of Natural Medicine* by Pizzorno and Murray
- *Drug-Induced Nutrient Depletion Handbook* by Ross Pelton, RPh, PhD, CCN, et al
- *Nutrition from Marz* by Russell Marz, N.D
- *Megahealth* by Marc Sorenson
- *The Second Brain (Your Gut Has a Mind of Its Own* by Michael D. Gershon, M.D.
- *Digestive Wellness* by Elizabeth Lipski

**Evaluations:** The following course evaluations will be given and assessed accordingly:

Exam #1  25%
Exam #2  25%
Exam #3  25%
Final Exam  25%

This is a “90/90” course. As a reward for outstanding academic performance and attendance,
if at the end of week 14 the student has a cumulative average of 90% or better from the scores
earned on all exams and assignments and 90% attendance, the student is exempt from
taking the final exam and will receive the cumulative average as their grade for the final exam.
Since this course has 60 contact hours per trimester, the student can only miss 6 hours class
time.
If you miss 7 or more hours, regardless of the reason, you are not eligible for this option.
Note: An average score of 89.5% will not be rounded up for purposes of this exemption of
taking the final.

For purposes of qualifying for 90/90 we need your physical attendance, not merely your
signature on the roll sheets. While it is OK to get up and go to the bathroom, it is not OK
to sign the roll sheet, stay 5 minutes and then leave class and not return. This behavior
amounts to signing a legal document in order to receive something you have not earned.

The 90/90 program is a reward for superior attendance and academic achievement.
Signing the roll sheet and leaving early is not acceptable, and there is zero tolerance for
this behavior. My policy is, don't sign the roll sheet unless you intend to stay the majority
of the class time. If you sign the roll sheet and I observe you leaving early, you are no
longer eligible for 90/90 based upon this single infraction. Obviously, if you have a
true emergency, this is an acceptable reason for leaving early.

For the course attendance policy, missed exam policy, religious holiday policy,
etc. please refer to the “Common Policies” under the Academics/Coursework
section on your “My Parker” website.

IMPORTANT: When we need to transmit important information to the class or an
individual student, we will contact you via your Parker email address. As a Parker
student you are responsible to periodically check your email. If you do not know your
Parker email address, or how to log on to collect your email messages, contact
Information Services at ext. 7450. If you experience an adverse outcome from missing
important information, "I don't check my email" will not be considered a valid excuse.

NOTE: It must be understood that any general nutrition guidelines, specific protocols, etc.
may not apply to every individual. No nutritional recommendation should be made
without first performing a careful assessment to determine needs and to rule out
contraindications. It is equally important to monitor the patient after any changes are
made in order to assess the effectiveness of the recommendations and to identify any
adverse effects.

NOTE: Written approval by your clinic staff doctor must be obtained prior to making any
nutritional recommendations to your patients. Nutritional support must be included in the
treatment plan and any advice concerning diet, supplements, exercise, or lifestyle must
be included in your S.O.A.P. notes and signed by a staff doctor before that advice is
communicated to the patient.