

Amipro and Metagenics invite you to a full day seminar on :

Nutritional Strategies for optimum Musculoskeletal Function

Dr. Robert Silverman

DC, DACBN, DCBCN, MS, CCN, CNS, CSCS, CIISN, CKTP, CES, HKC, SASTM

Join Dr Silverman as he explores the relationship between nutrition and the manifestation of musculoskeletal pain. In this exciting seminar, he will discuss the process of acute and chronic inflammation and share the impact that specific nutrients can have on the management of the discomfort arising from the inflammatory process. He will review the specific nutrients that can be used to modulate the expression of inflammation, as well as share insight into the prophylactic use of nutrition to support joint integrity and maintain healthy motion.

Key Clinical Takeaways:

- Clinical breakthroughs in the nutritional treatment of soft-tissue injuries
- Find out about nutritional strategies for immune function
- Gain new insights to restoring pH balance and detoxification for peak athletic performance
- Nutritional strategies to enhance women's performance in athletics
- Nutritional protocols to enhance performance and longevity in the maturing patient
- Gain an understanding why weight loss is a musculoskeletal condition
- Distinguish the foundational approach that uses nutrition to manage pain and inflammation
- Implement effective nutritional strategies for the management of musculoskeletal injuries

Attendees will receive:

- Clinical protocols and pearls based on case studies
- An up-to-date syllabus with graphics and take-home notes
- An information-packed day guaranteed to expand your clinical knowledge



Dr. Silverman graduated Magna cum Laude from the University of Bridgeport College of Chiropractic and has a Masters of Science in human nutrition. His extensive list of educational accomplishments includes his designations as a certified nutrition specialist, certified clinical nutritionist, certified strength and conditioning specialist, certified Kinesio® taping practitioner, NASM-certified corrective exercise specialist, and a certified sports nutritionist from The International Society of Sports Nutrition. Dr. Silverman is a diplomate with the American Clinical Board of Nutrition and diplomate with the Chiropractic Board of Clinical Nutrition. He is a HardStyle Kettlebell Certified instructor, a certified RockTape – Fascial Movement Taping (levels 1 & 2) provider, and also a CrossFit Level 1 trainer. He has a full-time successful private practice in White Plains, NY, where he specializes in the treatment of joint pain with innovative, science-based, non-surgical approaches. He is a nationally known speaker and author, and can be seen weekly on his own local TV show "Get Healthy with Dr. Rob."

PLEASE CONTACT AMIPRO

Sign up & Register!

Please kindly contact Taryn
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Name:
Telephone Number:
Cell number:
Address:
Qualification:

Sat Aug 15
Cape Town
Table Bay Hotel

Time: 8:30 - 17:00

Price:
R850 excl. VAT
Early bird special prices **R750** excl. VAT
Ends June 30

Sun Aug 16
Johannesburg
The Maslow Hotel, Sandton

Lunch and refreshments provided

Bring a colleague & get a 50% discount

50% OFF If you refer a practitioner that has not attended an Amipro seminar previously – you will get a 50% discount on your registration.
(The person you refer will pay the normal price)

For more information please feel free to contact us on:
Tel (011) 802 8101 tarynleas@amipro.co.za www.amipro.co.za