



CADAT / CDAА Joint Annual Conference April 16 – 17, 2021



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Name of Course:

50 Shades of Inflammation: The Mouth, Body, Mind Connection

Course Content Outline:

Don't miss this food festival. After this party is over you'll no longer look at food as simply "fuel." There is no innocent food. Researchers have found irrefutable scientific evidence macronutrients & micronutrients modulate inflammation in the body. What your patients consume either boosts inflammation or turns it down. Consuming a variety of healthy food lowers inflammation, slows age related dysfunction, supports a healthy metabolism & boosts oral health. Our diets are the linchpin of the repair/regeneration cycle. This inspiring session will support your patients' health journey & also get your entire office on the same oral systemic page.

Educational Objectives:

1. Learn 10 new eating strategies to douse the flames of inflammation in the mouth & body.
2. Understand intermittent fasting, probiotics, the secret of extra virgin oil, "why organic?" & the power of antioxidants
3. Learn why NEW findings about your patients' gut flora are shaking the very foundation of health care & nutrition
4. Learn motivational interview techniques to inspire long-term positive change in your patients' health habits
5. Expand your new patient exam with important lifestyle questions to engage your patients and to support successful treatment outcomes.

Speaker Bio

Dr Uche Odiatu is the author of *The Miracle of Health*, a professional member of the American College of Sports Medicine and a practicing dentist in Toronto. This busy dad of four is an NSCA Certified Personal Trainer and has lectured in England, Canada, the USA, the Bahamas, Denmark, Bermuda and Norway. www.DrUche.com Twitter @FitSpeakers Instagram @FitSpeakers