



K H A R R A Z I A N
I N S T I T U T E

Kharrazian Institute – Course Syllabus

Hashimoto's Clinical Strategies and Treatment Applications

Course Title: Hashimoto's Clinical Strategies and Treatment Applications

General Schedule: May 16 – 17, 2020 from 9:00am – 5:00pm

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

Location: Hilton Garden Inn Carlsbad Beach at 6450 Carlsbad Blvd, Carlsbad CA

Course Description

This course will provide an extensive literature review of thyroid autoimmunity. An evidence-based model incorporating diet, nutrition, and lifestyle medicine will be presented. Clinical applications to dietary management, nutritional supplementation, and environmental triggers associated with Hashimoto's will be highlighted.

Learning Objectives:

1. A comprehensive review of the pathophysiology of Hashimoto's
2. Understanding the physiological web of Hashimoto's
3. Review of the scientific literature for nutrients, dietary approaches, and lifestyle applications that impact Hashimoto's.
4. Review of laboratory tests to evaluate Hashimoto's.
5. Clinical history and physical examination considerations with Hashimoto's.
6. Clinical approach to managing Hashimoto's with a functional medicine model.

Hashimoto's - Live Course Schedule

Day 1 - May 16, 2020

9 am - 10:30 am: Introduction and Pathophysiology of Hashimoto's

- Clinical presentation of Hashimoto's
- Epidemiology of Hashimoto's
- Pathophysiology of Hashimoto's
- Diagnostic criteria for Hashimoto's diagnosis
- Laboratory tests to evaluate Hashimoto's

10:30 am - 11 am: Break

11 am - 12:30 pm: The Physiological Web of Hashimoto's

- Thyroid antibody cross-reactivity with other tissues
- Autoimmune comorbidities with Hashimoto's
- Thyroid-brain axis, thyroid-gut axis, thyroid-immune axis, and physiological interactions

12:30 pm - 1:30 pm: Lunch

1:30 pm - 3 pm: Diet Nutrition, and Lifestyle Interventions for Hashimoto's

- The role of gluten with Hashimoto's hypothyroidism
- Autoimmune dietary protocols for Hashimoto's hypothyroidism
- Review of the literature of nutraceuticals that impact Hashimoto's hypothyroidism
- Lifestyle medicine research for Hashimoto's hypothyroidism

3 pm - 3:30 pm: Break

3:30 pm - 4:30 pm: Essential Principles of Thyroid Hormone Therapy and Hashimoto's

- A review of the various types of thyroid hormone replacement
- Literature review of thyroid hormone replacement and Hashimoto's
- Concepts of adverse reactions with thyroid replacement
- Drug-thyroid interactions

4:30 pm - 4:45 pm: Review of Day 1

4:45 pm - 5 pm: Questions

Hashimoto's - Live Course Schedule

Day 2 - May 17, 2020

9 am - 10:30 am: Environmental and Pathogenic Triggers for Hashimoto's

- Review of pathogens associated with Hashimoto's hypothyroidism
- Role of cross-reactivity with pathogens and autoimmune reactivity of the thyroid gland
- A literature review of the endocrine disruptors associated with thyroid gland dysfunction
- Laboratory tests to evaluate environmental triggers for Hashimoto's

10:30 am - 11 am: Break

11 am - 12:30 pm: How To Perform a Comprehensive Evaluation of Hashimoto's

- Fundamental principles of medical history for Hashimoto's hypothyroidism
- Fundamental principles of conducting a physical examination for Hashimoto's hypothyroidism
- How to evaluate laboratory tests for Hashimoto's hypothyroidism

12:30 pm - 1:30 pm: Lunch

1:30 pm - 3 pm: How to Clinically Manage Patients Suffering from Hashimoto's

- Help to develop dietary, nutritional, and lifestyle strategies for patients suffering from Hashimoto's hypothyroidism
- How to develop realistic clinical outcomes

3 pm - 3:30 pm: Break

3:30 pm - 4:30 pm: Hashimoto's Clinical Case studies

- Clinical principles learned from case studies

4:30 pm - 4:45 pm: Review of Day 2

4:45 pm - 5 pm: Day 2 Questions