



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

Kharrazian Institute – Course Syllabus

Diabetes and Dysglycemia Clinical Strategies and Treatment Applications

Course Title: Diabetes and Dysglycemia Strategies and Treatment Applications

General Schedule: September 19 – 20, 2020 from 9:00am – 5:00pm

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

Location: Livestream and On Demand videos at the KI Learning website

Course Description

This course will provide an extensive literature review of diabetes and dysglycemia. 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 diabetes and dysglycemia will be highlighted.

Learning Objectives:

1. Review the physiology of glucose stability.
2. Review diagnostic criteria for blood sugar disorders.
3. Review laboratory tests to evaluate and monitor diabetes and blood sugar disorders.
4. Review the scientific literature for nutrients, dietary approaches, and lifestyle factors that impact diabetes and blood sugar disorders.
5. Review clinical history and physical examination for diabetes and blood sugar disorders.
6. Develop a clinical approach to manage diabetes and blood sugar disorders with a functional medicine model.

Diabetes – Livestream Course Schedule

Day 1 – September 19, 2020

9 am – 10:30 am: Introduction and Pathophysiology of Diabetes and Dysglycemia

- Clinical presentation of diabetes and blood sugar disorders
- Epidemiology of diabetes and blood sugar disorders
- Pathophysiology of diabetes and blood sugar disorders
- Review the various types of dysglycemia
- Diagnostic criteria for diabetes and blood sugar disorders

10:30 am – 11 am: Break

11 am – 12:30 pm: The Physiological Web of Diabetes and Dysglycemia

- Dysfunctions in the physiological web of blood sugar stability
- Glucose-brain interactions, glucose-endocrine interactions, glucose-immune interactions, and physiological alterations with dysglycemia

12:30 pm – 1:30 pm: Lunch

1:30 pm – 3 pm: Diet, Nutrition, and Lifestyle Interventions for Diabetes and Dysglycemia

- The role of diet on diabetes and dysglycemia
- A literature review of diet and lifestyle factors for reactive hypoglycemia, autoimmune diabetes, and type 2 diabetes

3 pm – 3:30 pm: Break

3:30 pm – 4:30 pm: Nutraceutical Approaches for Diabetes and Dysglycemia

- A literature review of nutraceuticals for diabetes and dysglycemia

4:30 pm – 4:45 pm: Review of Day 1

4:45 pm – 5 pm: Questions

Diabetes – Livestream Course Schedule

Day 2 – September 20, 2020

9 am – 10:30 am: Environmental and Pathogenic Triggers for Type I and II Diabetes

- Review of pathogens associated with diabetes
- Role of cross-reactivity with pathogens and autoimmune reactivity of the pancreatic islet cells
- A literature review of the endocrine disruptors associated with diabetes and dysglycemia
- Laboratory tests to evaluate environmental triggers for diabetes

10:30 am – 11 am: Break

11 am – 12:30 pm: How to Perform a Comprehensive Evaluation of Blood Sugar Disorders

- Fundamental principles of medical history for blood sugar disorders
- Fundamental principles of physical examination for blood sugar disorders
- How to evaluate laboratory tests for blood sugar disorders

12:30 pm – 1:30 pm: Lunch

1:30 pm – 3 pm: How to Clinically Manage Patients Suffering from Diabetes and Blood Sugar Disorders

- Help to develop dietary, nutritional, and lifestyle strategies for patients suffering from blood sugar disorders
- How to develop realistic clinical outcomes

3 pm – 3:30 pm: Break

3:30 pm – 4:30 pm: Blood Sugar Disorder 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