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NEVADA STATE BOARD OF ORIENTAL MEDICINE
APPLICATION FOR CREDIT APPROVAL OF CONTINUING EDUCATION
Pursuant to NAC 634A.137

- Please note that if your CEU course has been approved by NCCAOM as a core competency with the designation of AOM-ABT, AOM-AC, AOM-BIO, AOM-CH, AOM-OM, AOM-SA, and/or AOM-ET, then it will be automatically deemed approved and you do not have to submit this form.
One application per course must be submitted for review and approval.
The fee required pursuant to NAC 634A.165 of \$100 (per course).
The Board requires a syllabus, a curriculum vitae for the instructor(s), and the NCCAOM course approval # and category # if applicable.
If the Board approves a course of continuing education pursuant to NAC 634A.137, the Board will determine the number of hours of continuing education that a licensee may receive for attending the course.
Please mail to: Board of Oriental Medicine, 3191 E. Warm Springs Rd., Las Vegas, NV 89120

1. Name of Applicant or Entity: SP Westcoast Inc
2. Address: 26565 West Agoura Rd #200 Calabasas CA 91302
3. Phone number: 818-660-2430
4. Email: Kim@spwestcoast.com
5. Location and Address of the continuing education program: Sherman Oaks, CA
Live Webinar Stream

6. Course approved by: NCCAOM yes [ ] no [X]
Other entity/entities:

7. Title of Course: For Fats Sake! Cholesterol, Inflammation, & Toxicity
8. Date(s) and times of the course taken: Nov 13, 2021 8:30AM PDT - 5:30PM PDT
9. Name of Instructor(s) and his/her degree(s): Simon Agger (see CV)

10. CEU hours: 8 hours

11. Did you attend in person or online: BOTH

I swear that the above statement is nothing but true.

Signature of the Applicant or Representative of Entity: Kim Eaves

Name: Kim Eaves Date: 8/31/21

**For Fats Sake! – Cholesterol, Inflammation & Toxicity. Understanding Hepatic and Cellular pathways. What today's clinician needs to know to get Superior Results.**

**8 hr seminar Outline for CE November 13<sup>th</sup> Los Angeles**

Attendees will gain a deep clinical understanding of how the body handles dietary fats. They will recognize how to optimize patients dietary choices, based on updated peer reviewed and clinical practice studies and upgrade their evaluation, measurements, intervention and management of common lipid metabolic imbalances seen in clinical practice to achieve best practices in clinical applied nutrition and western herbs application and superior results.

**1<sup>ST</sup> HR**

Introduction to fats in the US, Types of fats, updates on the 'new' food pyramid, New paradigm shifts in the Saturated fat debates & The role of fats and fatty acids.

Fat metabolism review: What is it? Where fat is found in the diet: Vegetable oils, Saturated and non saturated fats, PUFA's and how to tell the difference.

Understanding the Wulzen factor and Factor X, from early nutritional pioneers and how to use them clinically.

Understanding fat oxidation, rancidity and hydrogenation processes in common foods and oils.

**2<sup>nd</sup> HR**

Understanding the history of cholesterol and other fats over the last 100 years.

Understanding how to differentiate clinical approaches to Cholesterol, LDL, HDL, Vldl, tg's, Chylomicrons, apo A, B, Lp(a) & others. How does the current peer reviewed literature inform our decisions?

**3<sup>rd</sup> HR**

Where does FAT go? (Physiological pathways; Common problems: High serum cholesterol, Bile stasis, low bile production, poor cholesterol conversion or clearance; high triglycerides).

Clinical variants and strategies to recover normal function using diet, nutrients, herbs and medications.

**4<sup>th</sup> HR**

Evaluation, measurement and management of Liver stresses such as NASH. NAFLD, EtOH, Hepatitis, Common medications and statins.

Challenges that Statin therapy brings and crucial clinical considerations for those patients on them and trying to get off them. Updated peer reviewed literature on Statins and mortality as well as relative contraindications

Common clinical challenges. Familial hypercholesteremia clinical challenges and management with diet, nutrition, herbs and lifestyle.

Atherosclerosis: Identifying and measuring clinical progress. Physiology, protection/Prevention and nutritional, dietary, herbal and lifestyle intervention.

## 5<sup>TH</sup> HR

Fats role in inflammation/immunity

Review of fat metabolism/physiology.

Learning how to clinically evaluate fat imbalances in the body. How peer reviewed literature informs us. Resources for clinicians.

Clinical approaches to reducing inflammation and resolving inflammation.

Lipid disrupting medications and dietary sources.

Pro resolving mediator activations; clinical pathways and pearls for resolving inflammation and increasing immunity through diet, nutrition herbs and lifestyle.

Common Clinical problems and pearls.

## 6<sup>th</sup> HR

Lipophilic toxins; understanding what they are, common examples, how to clear them and common clinical challenges.

Understanding synthetic Glutathione physiology vs its many whole food sources.

Enhancing phases of liver conjugation and clearance.

Where and why do patients hepatic and cellular pathways get challenged? Clinical pearls.

## 7<sup>th</sup> HR

Protection of our hepatic and cellular pathways: clinical protocols and clinical guidance.

DNA and transcriptional protections.

## 8<sup>th</sup> HR

Discussions, case studies and forum to enhance learning from today.

Clinical management pearls

Patient management pearls

**Professional**

Bachelors of Economics (Honours ) 1990

University of Wolverhampton, Wolverhampton, England.

British Universities North America Club, member and participant, 1990

Massage Therapy certification, 1991, Institute Of Natural Therapeutics, Mesa, Arizona

Pre-Med basic sciences, 1993, Science Institute, New College, San Francisco

Doctor of Chiropractic, 1997, Western States Chiropractic College, Portland, Oregon

Post graduate Orthopedics, 1997-1998, Western States Chiropractic College, Portland, Oregon.

Private Practice 1998-present, Agger Chiropractic and Nutrition Clinic, Portland, Oregon.

Chiropractic Physician, Nike World Masters Games, 1998, Beaverton, Oregon.

Associate Professor, 2005-2008, Western States Chiropractic College, Portland, Oregon, providing final quarter internships for senior interns, ( and sometimes jobs!).

Attending Chiropractic Physician, 2005 - present, Oregon Ballet Theatre, Portland, Oregon.

Extensive Post graduate study in managing auto-injuries, spinal and extremity injury rehabilitation.

Extensive Post Graduate study in use of whole food supplements, herbs and diets to reduce inflammation, heal body systems and restore body function.

Field doctor Mentor for ‘ Master in Human Nutrition and Functional Medicine, (HNFM) ’ degree program final year students, University of Western States, Portland, Oregon. Providing internships, case studies, academic and clinical advice, jobs and mentoring for graduate students, 2013 – present

National Speaker/Clinical Educator, Standard Process/ MediHerb Representatives (Southwest Washington, Idaho, Oregon, California, Arizona and Ohio Regional), Teaching 8 and 12 hr CEU Seminars.

Author: ‘Inflammation Mastery and Endothelial Health’, ‘5 Steps to Health – Taking your patients from Chaos to Order’, which teach neurophysiological, neuro-immune-endocrine physiology impacted by diet, nutrition, herbs as demonstrated through clinical application, peer reviewed research, innovation and professional collaboration (Hooray!!), triaging for common clinical complaints, and case studies to educate other clinicians, 2015 – Present

Supervisor for Certified Nutrition Specialist accreditation candidates, providing the 1000 clinic hours, case studies, clinical direction & triaging for Post Masters HNFM graduates to become eligible for approval by the board for certification of nutritional specialists, ( BCNS ), 2018 – present

Author – Inflammation Mastery and Endothelial Health 8 HR Teaching Applied Clinical Natural Medicine practices utilizing Nutrients, foods, herbs, exercise & manual medicine to other healthcare practitioners using peer reviewed literature and practical experience. 2019 - present

Participant at MediHerb, Speaker Symposium, Brisbane, Australia. Discussing Applied Herbal Clinical Applications and Approaches to Common health problems for Naturopathic Clinicians, July 2019

National Speaker for Standard Process, Inc. Providing CEU courses for U.S. Licensed Healthcare Providers, to increase their Clinical Competency in Applied Clinical Nutrition 2020-present.

Author - Immune Updates – The Role of Natural/integrative Medicine during COVID -19. A Series of webinars for healthcare practitioners in SW Washington/Oregon sharing COVID concerns/literature/case studies - April 2020 thru present.

Author - Herbal Updates – Webinar Series highlighting recent HUMAN peer reviewed studies on common herbal extracts used clinically to enhance patients health their implications for our clinical utilization, corresponding Whole food nutrients, safety and quality concerns to arm clinicians with up to date research to support the work we perform in our clinics. Currently an ongoing series. 2019-present.

Member of the Clinical Practice Evidence and Innovation Council, Oregon 2019 -present, Presenting Functional Medicine case studies at State Chiropractic Convention.

Clinical Consultant to Standard Process, Inc & MediHerb 2019-present

Oregon Chiropractic Association member, in good standing, 1998 - present.

Charter Member, American Nutrition Association

Clinical research: Published in RAND studies 1998 and 2016

### **Current projects (2021-22):**

1) Creating Clinical Application dialogue between the UWS HNFM Masters Program Faculty and BENFRA OHSU School of Medicine Program regarding NIH funded research into Gotu Kola and Ashwagandha herbal extracts, with Director, Amala Soumyanath, PhD (very exciting!- we clinicians are providing the clinical applications to the lab studies!) 2021-present

2) Preparing our COVID postponed clinical research paper on the efficacy of whole food supplements and vascular problems in a cohort of our patients at our clinic, with Saradha Varadharaj, PhD, for peer reviewed publication (our older cohort of subjects were quarantined!) 2020-present.

3) Developing a collection of case studies related to whole food nutrition , herbs and chiropractic in the clinical realm to further their usage in clinical practice across all disciplines. Current 2021 study implementation in our clinic with Carolina Carlisle, PhD, pending approval of design.

4) Continuing to develop/deepen national and international dialogue in both the U.K., U.S. & Australia with professional peers, institutions and patients to further efficacious natural medicine treatment protocols

5) Continued development & refinement of our 5 Steps to Health, and continued growth & innovation with all of our clinical programs at our clinic

6) Development of teaching clinical modules for doctors interested in understanding and decreasing inflammation naturally.

7) Continuing mentoring across Nutrition and Functional Medicine for Professional degree and Clinical Certifications in clinical application

8)) Author: 'Cholesterol, Inflammation, Toxicity: Understanding Hepatic and Cellular Pathways in your Patients. What Today's Clinician needs to know to get Superior Clinical Results!' 8 hr seminar, currently in preparation for late 2021.

### **Personal**

Soccer player from aged five, through college ( U.K. and U.S.), Greater Portland Soccer Divisions open and over 40 leagues. Board member Scappoose Soccer Club (2002-2012). Married with 2 kids! Manchester City FC supporter since 1976. Health-nut. Music, gardening, plane and car aficionado.