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NEVADA STATE BOARD OF ORIENTAL MEDICINE
APPLICATION FOR CREDIT APPROVAL OF CONTINUING EDUCATION

- 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 W. Agoura Rd Ste 200, Calabasas, CA 91302
3. Phone number: 818-660-2430
4. Email: Kim @spwestcoast.com
5. Location and Address of the continuing education program: Live webinar via ZOOM with live Q&A session
6. Course approved by: NCCAOM yes [] no [X]
Other entity/entities:
7. Title of Course: OPTIMIZING INTERNAL DEFENSES
8. Date(s) and time(s) of the course taken: April 17, 2021 & April 18, 2021
9. Name of Instructor(s) and his/her degree(s): Dr. Rob Scott, ND (See attached CV)
10. CEU hours: 8 total (4 hours each day)
11. Did you attend in person or online: online e e e e e

I swear that the above statement is nothing but true.
Signature of the Applicant or Representative of Entity: Kim Eaves
Name: Kim Eaves Date: 2/2/2021

Course Title: **Optimizing Internal Defences**

Date: **4/17/2021 & 4/18/2021**

Location: **Live Webinar on Zoom with Live Q&A**

Webinar time: **9AM-1PM (PST) Each Day**

Presenter: **Robert Scott, ND**

Course goals

- Review of new a definition of stealth pathogens and chronic co-infections and how they impact health
- Review the medical understanding of stealth pathogens and co-infections impact the development of Neuroinflammation and related cognitive issues
- Overview of neurogenesis, proper brain nutrition, and the impact of autoantibodies on brain health
- Review the medical understanding of how stealth pathogens and co-infections impact the development of a chronic inflammatory response
- Review the medical understanding of gut infection and their relationship to the development of gut inflammation/permeability
- Review the medical understanding of how stealth pathogens and co-infections impact the development of joint, muscle, and pain syndromes
- Review the medical understanding of how stealth pathogens and chronic co-infections impact sleep and the development of fatigue related symptoms
- Develop appropriate nutritional, diet, lifestyle, and herbal protocols for every case

Learning objectives/learning outcomes

On completion of this course, attendees will have:

- A new understanding of stealth pathogens and chronic co-infections
- Basic clinical understanding of the relationship stealth infections and chronic co-infections have to chronic health conditions
- Basic clinical understanding of the chronic health conditions associated with stealth pathogens and chronic co-infections: Neuroinflammation, pain syndromes, chronic systemic inflammation, gut permeability, sleep and fatigue
- Basic clinical understanding of the impact infections and stealth pathogens have on gut health
- Understand how to properly assess and provide nutritional, herbal, dietary, and lifestyle support for the prevention and support of gut inflammation/permeability
- Understand how to properly assess and provide nutritional, herbal, dietary, and lifestyle support for the prevention and support of stealth pathogens and chronic co-infections
- Understand how to properly assess and provide nutritional, herbal, dietary, and lifestyle support for the prevention and support of Neuroinflammation, pain syndromes, chronic systemic inflammation, gut permeability, sleep, and fatigue

Description of content

The course is divided into 8 sections as detailed in the outline below.

Prior level of knowledge

Basic level of knowledge is required for effective participation

Teaching method

Seminar environment using PowerPoint with active audience participation

Hour by Hour Course Outline

| Hour | |
|--------------------|---|
| 1 | <p>Overview of stealth pathogens and chronic co-infections</p> <ul style="list-style-type: none"> ◦ Review of new a definition of stealth pathogens and chronic co-infections and how they impact health ◦ Development of treatment protocols based on nutritional support, diet & lifestyle, and key herbs ◦ Discuss safety & quality issues, nutritional support, diet & lifestyle |
| 2 | <p>Gut health: leaky gut, dysbiosis, SIBO (small bacterial overgrowth)</p> <ul style="list-style-type: none"> • Review the medical understanding of leaky gut, dysbiosis, and SIBO • Development of treatment protocols based on nutritional support, diet & lifestyle, and key herbs • Discuss safety & quality issues, nutritional support, diet & lifestyle |
| 3 | <p>Gut health: leaky gut, dysbiosis, SIBO (small bacterial overgrowth), cont....</p> <ul style="list-style-type: none"> • Review the medical understanding of leaky gut, dysbiosis, and SIBO • Development of treatment protocols based on nutritional support, diet & lifestyle, and key herbs • Discuss safety & quality issues, nutritional support, diet & lifestyle |
| 4 | <p>Chronic inflammatory response</p> <ul style="list-style-type: none"> ◦ Review the medical understanding the impact of the development of a chronic inflammatory response ◦ Development of treatment protocols based on nutritional support, diet & lifestyle, and key herbs ◦ Discuss safety & quality issues, nutritional support, diet & lifestyle |
| Lunch Break | |
| 5 | <p>Neuroinflammation and cognitive issues</p> <ul style="list-style-type: none"> • Review the medical understanding of stealth pathogens and co-infections impact the development of Neuroinflammation and related cognitive issues • Development of treatment protocols based on nutritional support, diet & lifestyle, and key herbs • Discuss safety & quality issues, nutritional support, diet & lifestyle |
| 6 | <p>Endocannabinoid System and Chronic Stress</p> <ul style="list-style-type: none"> • Review the current medical understanding of the endocannabinoid system and its impact of the development of chronic inflammation • Development of treatment protocols based on nutritional support, diet & lifestyle, and key herbs |
| 7 | <p>Adrenal, sleep issues, fatigue and mood related symptoms</p> <ul style="list-style-type: none"> • Review the medical understanding of how stealth pathogens and chronic co-infections impact sleep and the development of fatigue related symptoms • Development of treatment protocols based on nutritional support, diet & lifestyle, and key herbs • Discuss safety & quality issues, nutritional support, diet & lifestyle |
| 8 | <p>Adrenal, sleep issues, fatigue and mood related symptoms</p> <ul style="list-style-type: none"> • Review the medical understanding of how stealth pathogens and chronic co-infections impact sleep and the development of fatigue related symptoms • Development of treatment protocols based on nutritional support, diet & lifestyle, and key herbs • Discuss safety & quality issues, nutritional support, diet & lifestyle |

Dr. Scott Bio:

Dr. Bob Scott is a naturopathic physician and nutritionist practicing in the states of Maine and New Hampshire. His clinical focus is nutritional endocrinology, with an emphasis on adrenal, and thyroid hormonal balance, as well as gut health and detoxification. He has served the Standard Process community as a clinical consultant since 2007 and provides educational seminars, teleconferences, and webinars throughout the United States and Canada.

Dr. Scott has had the rare privilege of being invited to MediHerb for intensive training on two occasions and now speaks directly for MediHerb.

Dr. Scott is also a clinical presenter for Whole Food Nutrition program and is Applied Clinical Nutrition (ACN) certified and a graduate of the Nutritional Response Testing program.

Dr. Scott is a graduate of the University of Bridgeport with a Doctorate of Naturopathic Medicine and Masters in both Human Nutrition and Acupuncture. His prior work experiences include assistant professor, lab coordinator, and pharmacy director for the University of Bridgeport College of Naturopathic Medicine

University of Bridgeport

December 2004 – August 2007

Adjunct Faculty

Bridgeport, Connecticut

Hydrotherapy

- Introduced the principles and practice of the therapeutic use of water including alternating temperature, constitutional hydrotherapy, colon hydrotherapy, immersion baths and various wet applications.
- Lectured, demonstrated and supervised hands-on practice of hydrotherapy protocols.
- Reworked and expanded current curriculum.

Physical Exam

- Introduced the skills required to examine and diagnose the skin, eyes, ears, nose and throat, as well as the cardiovascular, respiratory, gastrointestinal and genitourinary systems.
- Taught students how to select the appropriate examination and diagnostic procedure which correspond to the patient's history and complaint.
- Taught students how to select and use diagnostic equipment and specific procedures for carrying out these examinations.
- Lectured, demonstrated and supervised hands-on practice of physical exam techniques.

Living Anatomy: Palpation

- Introduced the proper methodology of conducting a neuromusculoskeletal physical examination of the shoulder, elbow, wrist and hand, cervical spine, gait, hip and pelvis, knee, foot and ankle and lumbar spine.
- Taught students topographical and applied anatomy.
- Lectured, demonstrated and supervised hands-on practice of palpation techniques.

Dispensary Assistant

- Maintained dispensary inventory, billing and record keeping.
- Assisted students in selecting supplement and herbal medications.
- Filled prescriptions, compound tinctures, creams, homeopathic and Bach flower remedies.
- Trained students in computer skills, and all aspects of dispensary proficiency.
- Provided in house and mail order customer service.
- Special clinic projects as needed.

Lab Coordinator

- Educated and supervised students performing lab procedures including, phlebotomy, urine analysis, blood glucose monitoring, ESR, KOH preps, quick strep tests, pregnancy tests and wet mounts.
- Assisted students on choosing functional medicine tests.
- Maintained lab inventory and record keeping.

Professional Accreditation

State of New Hampshire

Naturopathic Doctor - License Number – 107

State of Maine

Naturopathic Doctor – License Number – 399

Dr. Robert J. Scott

7 St. John St #2 ♦ Old Orchard Beach, ME ♦ rscottnd@yahoo.com ♦ 413-204-4116

Curriculum Vitae

Education

Doctorate of Naturopathic Medicine

University of Bridgeport

Bridgeport, Connecticut

Masters of Science in Human Nutrition

University of Bridgeport

Bridgeport, Connecticut

Masters of Science in Acupuncture

University of Bridgeport

Bridgeport, Connecticut

Bachelors of Science in Finance

Westfield state College

Westfield, Massachusetts

Bachelors of Arts in Economics

Westfield State College

Westfield, Massachusetts

Teaching & Employment History

Clinical Consultant – Independent Contractor

September 2007 - Present

- Educate doctors and other health care professionals on the benefits of whole food nutritional supplements and herbal medicine and how to implement them into their existing practice.
- Develop, conduct and host workshops, seminars, teleconferences, and webinars throughout New England.
- Clinical Consultant to customers of MediHerb and Standard Process Inc.
- Provide support for doctors and other health care professionals to help them educate their patients on how to incorporate proper nutrition in a healthy lifestyle program.

Asnuntuck Community College

August 2007- December 2009

Adjunct Faculty

Enfield, Connecticut

Introduction to Nutrition

- Teach inmates through Asnuntuck Community College in the Connecticut prison system.
- Introduce the basic principle of nutrition, including the study of dietary nutrients, the effect of inadequate, excessive or deficient nutrient levels on human health.
- Introduce the role of macronutrients in nutrition.
- Demonstrate the use of food analysis tools, including tables and labels to help determine healthy diet choices.

Branford Hall Career Institute

October 2007 - October 2008

Instructor

Springfield, Massachusetts

Anatomy and Physiology

- Introduce the basic understanding of anatomy and physiology of the human body.

Pharmacology

- Introduce the knowledge of origins, classifications, administration, and use of medications.

Medical Terminology

- Introduce meaning of medical terms and abbreviations