DON’T MISS THIS OPPORTUNITY!
For the first time in chiropractic history, we now have at least one biologically plausible and scientifically supported mechanism!

Learn how to explain this to your practice members and to other healthcare professionals. Practice relevant research from probably the most important person in chiropractic science and research today!

Dr. Heidi Haavik
Dr. Heidi Haavik is a chiropractor has has gained a Ph.D in human neurophysiology. She has been the Director of Research at the New Zealand College of Chiropractic since 2006 where she established the Centre for Chiropractic Research. She is the author of the bestselling book ‘The Reality Check: A quest to Understand Chiropractic from the inside out’.

Heidi, Your seminar was the best chiropractic seminar I’ve ever attended in 32 years!
We need more kick ass women in our profession like you.
Deborah Fudge, D.C. Massachusetts

April 20-21
Holiday Inn
Regent’s Park
Carburton Street
London
W1W 5EE

May 18-19
Park Inn
Berlin-Alexanderplatz
Alexanderplatz 7
10178 Berlin

Register at therealitycheck.com/europe
Introductions and a brief look at chiropractic theories of the past and what evidence there is pro or against such theories. The Neuroplasticity Model will also be introduced, and a brief introduction to how the brain works, and how it creates inner maps of the body and of the world, and how important these are for your experience of reality.

How the brain changes in response to internal and external stressors of everyday life and what this means to our health and function. How spinal dysfunction can impact this. Differentiate between good healthy brain adaptations vs maladaptive brain changes, and what impact chiropractic adjustments have on brain adaptations. What you can do to help your brain adapt in a healthy direction will be discussed.

Spinal function and dysfunction will be covered, including what neuroscientists know about how the brain controls spinal movement patterns. The point of doing scientific studies will also be discussed, and Heidi will share how research works and what types of ‘evidence’ you can get from various types of studies. She will then cover the many studies that have been done that show spinal dysfunction negatively affects brain function, ie has a maladaptive neural plastic effect on the brain.

In this final session for the day Heidi will cover exactly what happens from a neurophysiological perspective when we adjust the spine. And after this she will discuss the many studies that have shown adjustments have a neural plastic effect on somatosensory processing. She will also cover the prefrontal cortex, the part of the brain where these somatosensory processing changes have been shown to take place. And she will discuss what this might mean for our patients in practice.

Sunday morning will start with covering how chiropractic adjustments have been shown to change movement control of both arms and legs as well as other muscles of the body. Many different studies have shown this. Heidi will also explain what this means, practically, for our patients, and for us. Heidi will cover the evidence we have showing our adjustments also change multimodal sensory integration, and the practical implications of this.

In this final session Heidi will cover how easily this can be communicated to the public and other health care providers. She will also cover the importance of communicating this research ethically and honestly and in a language that makes sense to your audience. She will provide you with simple tools and resources you can implement on Monday morning.