

October 11, 2019

State Board of Chiropractic Examiners

To Whom It May Concern:

This letter is to state that as Director of Parker Professional Programs, I have reviewed the speakers below and determined that they are post-graduate level instructors, through a curriculum vitae or resume, and they have knowledge, training and expertise in the topics to be covered for “Your Better Body Now”. The documentation appears to fall within chiropractic guidelines of the various state boards.

Parker University
Continuing Education
2540 Walnut Hill Lane
Dallas, Texas 75229
www.parker.edu

Kyl Smith, DC

Please contact me if further information is needed, my direct phone number is 214-902-3492, or via email at pfrase@parker.edu.

Sincerely,



Phyllis Frase-Charrette
Director of Professional Programs

METHOD OF CERTIFYING IN ONLINE ACTIVITIES

1. **Name of Course:** Your Better Body Now
2. **Organization Sponsoring the Course:** Parker University
3. **Course Objective:** To enhance the expertise of the Chiropractic Professional.
4. **Study Hours Required:** 1.5 Online
5. **Instructor(s):** Kyl Smith, DC
6. Educational background and experience of instructor(s) is on file in the University offices.
7. **Attendance Verification Method and Certifying Officer:** FL Licensees are required to provide a valid driver's license to be awarded CE. The Online presentation is delivered via web pages in which the participant must review anatomy images, read supporting text, listen to audio instruction, and answer test questions. The time the participant spends on each page is logged and tracked. In addition, the test questions must be passed, or the participant cannot continue on to the following pages. The computerized log files that track the participant's access time and usage will be utilized to validate the attendance and participation. The instructors will be available for questions via e-mail. Upon successful completion, Parker University Continuing Education Department will maintain and distribute attendance records.
8. **Textbooks and/or Equipment Required:** Internet
9. **Outline of Material Covered:** Attached
10. **Location(s):** Computer/Internet Based
11. **Date(s):** Based upon date of actual completion

Your Better Body Now

Kyl Smith, DC

1.5 Hour CE Session Outline

Overview / Summary:

Within the last 12 months Parker Alumni Dr. Kyl Smith has authored and published four peer-reviewed papers that demonstrate a causal link between poor lifestyle habits and deteriorating endocrine function in men. Knowing how to help patients improve a few simple lifestyle factors can improve healthy endocrine function, lean body mass, energy and vitality while decreasing chronic musculoskeletal complaints in Chiropractic patients. Peer-reviewed papers, case studies, and supporting scientific literature will be discussed.

Outline:

1st Hour

The first sixty minutes of this ninety-minute session begins with an overview of the physiological effects of chronic stress coupled with oxidative stress and how these factors may affect Chiropractic patients. The material cited is found in the following peer-reviewed research literature:

- Glade MJ, Smith K. Oxidative stress, nutritional antioxidants, and testosterone secretion in men. *Ann Nutr Dis Ther* 2015;2:1019.
- Glade MJ, Smith K. A glance at ... exercise and glucose uptake. *Nutrition*, Volume 31 , Issue 6 , 893–897.
- Glade MJ, Smith K. A glance at... glycemic index. *Nutrition*, Volume 31, Issue 3 , 539–541.

Sources of Literature Cited:

Annals of Nutritional Disorders & Therapy is a peer-reviewed, open access journal published by Austin Publishers. It provides easy access to high quality Manuscripts in all related aspects of nutritional disorders resulting from either excessive or inadequate intake of food and nutrients leading to obesity, eating disorders, and malnutrition that could be prevented by diet, as well as hereditary metabolic disorders that retort to dietary treatment, food intolerances, and potential hazards in the food supply.

The journal *Nutrition* presents advances in nutrition research and science, informs its readers on new and advancing technologies and new data in clinical nutrition practice, encourages the application of the techniques of outcomes research and meta-analyses to problems in patient-related nutrition; and seeks to help clarify and set the research, policy and practice agenda for nutrition science to enhance human well-being in the years ahead.

Discussion Points: The consumption of simple carbohydrates (resulting in increased insulin) in combination with stress (resulting in increased cortisol) may significantly increase aromatase expression in otherwise healthy men. Insulin alone has no effect on aromatase expression, whereas insulin and cortisol demonstrate an additive effect on aromatase activity. This phenomenon will promote proliferation and differentiation of preadipocytes, further enhancing central adiposity. Managing Glycemic Loads (grams of simple sugars and carbohydrates per meal) may become a critically important dietary factor for otherwise healthy aging men.

Discussion Points: Healthy cellular metabolism requires the generation of metabolic energy within mitochondria without the production of collateral oxidative damage caused by the oxidizing byproducts of metabolism, including reactive oxygen species (ROS). About 2% to 3% of ROS escape endogenous antioxidant mechanisms to oxidize cellular and circulating lipids, proteins, and nucleic acids. ROS and other oxidizing molecules are also generated by environmental insults (e.g., ultraviolet irradiation, cigarette smoke, and air pollutants). The negative potential effects of ROS and dietary methods of mitigating ROS to encourage healthy metabolism are discussed.

Discussion Points: Acute and chronic stress affecting the physiology of the Chiropractic patient. Acute or chronic stress, with accompanying conversion of pregnenolone to cortisol dramatically shifts physiological balance. A vicious feed-forward cycle may ensue leading to less stamina, motivation, less physical and social activity, and may contribute to further lower physiological markers affecting increased chronic pain and poor musculoskeletal integrity.

Discussion Points: The benefits of healthy physiological balance via moderate to high-intensity interval training exercise include improving insulin sensitivity, mitochondrial energy function, Krebs cycle enzymes, and enhanced aerobic metabolism. The resulting improvement in physiological

balance contributes directly to improvements in musculoskeletal integrity and may enhance vitality, endurance, and speed of reaction times.

2nd Half Hour

The *Journal of the International Society of Sports Nutrition (JISSN)* focuses on the acute and chronic effects of exercise, sports nutrition and supplementation strategies on body composition, physical performance and metabolism. The publication is well received by researchers focused on delivering knowledge on exercise and nutrition on health, rehabilitation, training, and performance. The journal provides a platform on which readers can determine nutritional strategies that may enhance exercise and/or training adaptations leading to improved health and performance.

Phosphatidylserine: Jager R, et al., Phospholipids and sports performance, *Journal of the International Society of Sports Nutrition*. 2007;4:5-15

This peer-reviewed journal article introduces several double-blind placebo controlled clinical trials showing lowered excess cortisol levels in young, healthy exercising adults aged 22 yoa and up. Potential points of benefit in practice include: Improvements in perceived wellbeing; Improved exercise capacity during high intensity cycling; Increased performance during intermittent running; As well as reduced perceived muscle soreness after exercise.

Discussion Points: An acute bout of resistance exercise has been shown to cause significant increases in cortisol in men although the changes observed are influenced by intensity, duration, muscle mass and loading schemes, and the degree to which the subject has been trained for this type of exercise. Increases in circulating cortisol concentrations are typically proportional to the intensity of the exercise performed. Interestingly, no statistical change was shown in cortisol levels among women in three different age groups who performed the same heavy resistance exercise protocol. The different physiological responses to acute exercise in men and women, lifestyle improvements, and the resulting beneficial effects on the musculoskeletal system are discussed.



Kyl L. Smith, DC

CONTACT INFORMATION:

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Corinth, Texas 76210
Phone (940) 497-8211
Fax (940) 497-8217
E-Mail: kylsmith@mac.com

EDUCATION:

Music Major: Berklee College, Boston, Massachusetts
1987 – 1989

Basic Science: North Lake College, Irving, Texas
1989 – 1990

Doctor of Chiropractic: Parker University, Dallas, Texas
1990 – 1993 (Graduating Class: September, 1993)

STATE LICENSE:

Texas Board of Chiropractic Examiners
State License #6257
Received: September 1993

AWARDS / RECOGNITION:

- 2005 Recipient of the James Lind Scientific Achievement Award – Acknowledges the accomplishments of those who have contributed to the scientific advancement of natural medicine and are helping to reshape the very structure of American health care.

- 2008 recipient of the Dr. James W. Parker Award.
- 2014 – Present: Member of the Presidential Advisory Council at Parker University, Dallas, Texas.

ACCOMPLISHMENTS / PROFESSIONAL HIGHLIGHTS:

Published 4 Books:

- *The Omega-3 Solution*, Kyl L. Smith, D.C., Brighter Mind Media Group, Ltd.
- *The GPC Solution*, Kyl L. Smith, D.C., Brighter Mind Media Group, Ltd.
- *Brighter Mind*[®], Kyl L. Smith, D.C., Brighter Mind Media Group, Ltd.
- *The Testosterone Switch*, Kyl L. Smith, D.C., Brighter Mind Media Group, Ltd.

Unprecedented Professional Accomplishment:

The Successful Acquisition of two (2) FDA Approved Qualified Health Claims for a Cognitive Function Nutrient.

Published four papers in peer-reviewed research literature:

- Glade MJ, Smith K. Oxidative stress, nutritional antioxidants, and testosterone secretion in men. *Ann Nutr Dis Ther* 2015;2:1019. <http://austinpublishinggroup.com/nutritional-disorders/currentissue.php>
- Glade MJ, Smith K. Phosphatidylserine and the human brain. *Nutrition*, Volume 31, Issue 6 , 781–786. [http://www.nutritionjrnl.com/article/S0899-9007\(14\)00452-3/abstract](http://www.nutritionjrnl.com/article/S0899-9007(14)00452-3/abstract)
- Glade MJ, Smith K. A glance at ... exercise and glucose uptake. *Nutrition*, Volume 31 , Issue 6 , 893–897. [http://www.nutritionjrnl.com/article/S0899-9007\(14\)00521-8/abstract](http://www.nutritionjrnl.com/article/S0899-9007(14)00521-8/abstract)
- Glade MJ, Smith K. A glance at... glycemic index. *Nutrition*, Volume 31, Issue 3 , 539–541. <http://www.nutritionjrnl.com/article/S0899-9007%2814%2900451-1/abstract>

TEACHING / PUBLIC SPEAKING EXPERIENCE:

Date	Location	Title	CE
9/6/08	Boise ID	"Natural Methods To Improve Cognitive Function."	6 Hours
9/13/08	Portland OR	"Natural Methods To Improve Cognitive Function."	6 Hours
9/20/08	Seattle WA	"Natural Methods To Improve Cognitive Function."	6 Hours
10/19/08	Dallas TX	"Natural Methods To Improve Cognitive Function."	6 Hours

ONLINE CE ATTENDANCE CERTIFICATE

Name: _____

Title: Online: XXXX

Address: _____

Course # XXXX

Date: XXXX

City: _____ **State:** _____ **Zip:** _____

Location: Online

STATE [only one per voucher]: _____ **YOUR STATE LICENSE #:** _____

DO NOT WRITE BELOW THIS BOX

Completion Date	Class Hours	Course Title	Instructor
XX/XX/XX			

TOTAL HOURS ATTENDED: _____

Board Approval No. _____



Phyllis Frase Charrette
Director, Parker Professional Programs

This certificate is to acknowledge your completion of the Online Continuing Education course shown above. This copy is for your records and can be submitted to your board of licensing. Please Note: Verify the information is correct upon receipt – discrepancies will only be accepted up to 6 months after the closing date of the course. Please keep this certificate in a secure place. Any replacement, copy, or fax will incur a \$25 fee per certificate.



These Questions are delivered via the Parker Seminars mobile App.

Quality Feedback Survey

Course Name: _____

Date: _____ Location: _____

How did you hear about this Course?

Parker Brochure School E-mail Referral Parker Web Site Other _____

Please score each speaker on an “A to E” scale, with “A” Extremely Satisfied and “E” being Extremely Dissatisfied.

How would you rate this speaker

a b c d e

Rate the overall content of the session:

a b c d e

Rate the classroom & facilities:

a b c d e

Please add any additional comments:

a b c d e

Is there a certain speaker or topic you would like to see next time?:

a b c d e

12) What topics would be of interest to you for future classes?

Comments:

THANK YOU FOR YOUR FEEDBACK!

The purpose of this quality feedback survey is to provide information to the Instructors and to Parker University about extant standards of performance. **Your response will be held in confidence. You will not be identified in any way by reference to your response. For additional complaints or concerns regarding this program please contact Parker University at 800.266.4723.** Parker University will share the outcomes of this evaluation with the Instructor, and will keep a copy on file in the Continuing Education Office to demonstrate compliance with accreditation standards and requirements.