



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 “Stress Factors: The New Science Behind Stress, Hormonal Disruption, and Chronic Pain”. 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,

A handwritten signature in black ink that reads 'Phyllis Frase Charrette'. The signature is written in a cursive style and is positioned above the printed name.

Phyllis Frase-Charrette
Director of Professional Programs

METHOD OF CERTIFYING IN ONLINE ACTIVITIES

1. **Name of Course:** Stress Factors: The New Science Behind Stress, Hormonal Disruption, and Chronic Pain
2. **Organization Sponsoring the Course:** Parker University
3. **Course Objective:** To enhance the expertise of the Chiropractic Professional.
4. **Study Hours Required:** 1 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

Stress Factors: The new science behind stress, hormonal disruption, and chronic pain.

Kyl Smith, DC

1 Hour Session Outline

Chronic stress shortens telomeres, accelerates immune senescence and imbalances core hormones triggering fatigue, tiredness and loss of motivation/productivity. In this session, DC's will learn how to direct staff and patients to mitigate the negative effects of chronic stress while improving musculoskeletal integrity and decreasing chronic pain.

Outline:

1st 15-Minute Increment

The 1st 15-minute increment of this 1-hour session is intended to introduce our brief review of the peer-reviewed scientific literature regarding stress and its effect on the physiology and musculoskeletal system in otherwise healthy adults.

Discussion points: Acute and chronic stress affecting the physiology of the chiropractic patient. Both acute or chronic stress, with accompanying increased cortisol, dramatically shifts physiological balance.

Publications Cited:

Aschbacher K, O'Donovan A, Wolkowitz OM, Dhabhar FS, Su T, and Epel E. Good Stress, Bad Stress and Oxidative Stress: Insights from Anticipatory Cortisol Reactivity *Psychoneuroendocrinology*. 2013 September ; 38(9): 1698–1708.

Chetty S, Sapolsky RM, et al. Stress and glucocorticoids promote oligodendrogenesis in the adult hippocampus. *Mol Psychiatry* 2014 Feb 11. doi: 10.1038/mp.2013.190.

2nd 15-Minute Increment

The 2nd 15-minute increment of this 1-hour session reviews the peer-reviewed scientific literature regarding stress in otherwise healthy adults. The publications cited help to establish the groundwork providing scientific references and clinical validation related to issues addressed later in this program including musculoskeletal integrity.

Publications Cited:

Sapolsky RM. Importance of a sense of control and the physiological benefits of leadership. *Proc Natl Acad Sci USA*. 2012 Oct 30;109(44):17730-1. doi: 10.1073/pnas.1215502109. Epub 2012 Oct 16

Sapolsky RM. Stress and Glucocorticoid Contributions to Normal and Pathological Aging. *Brain Aging: Models, Methods, and Mechanisms*. Boca Raton (FL): CRC Press; 2007. Chapter 13.

3rd 15-Minute Increment

The 3rd 15-minute increment of this 1-hour session reviews the peer-reviewed scientific literature regarding stress and the hormone cortisol in healthy exercising adults.

The three peer-reviewed journal articles cited below introduce several double-blind placebo controlled clinical trials showing lowered excess cortisol levels in healthy exercising adults. Potential points of benefit in practice include: Improvements in perceived wellbeing; Improved exercise capacity during high intensity cycling; As well as reduced perceived muscle soreness after exercise.

Publications Cited:

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

Starks MA, Starks SL, Kingsley M, Purpura M, Jäger R. The effects of phosphatidylserine on endocrine response to moderate intensity exercise. *J Int Soc Sports Nutr*. 2008; 5: 11.

Glade MJ, Smith K. Oxidative stress, nutritional antioxidants, and testosterone secretion in men. *Ann Nutr Dis Ther* 2015;2:1019.

4th 15-Minute Increment

The 4th 15-minute increment of this 1-hour session reviews the peer-reviewed scientific literature regarding the glycemic index of the diet, exercise and insulin sensitivity in otherwise healthy adults.

Publication Cited:

Glade MJ, Smith K. A glance at... glycemic index. *Nutrition*, Volume 31 (2015), Issue 3 , 539–541.

Discussion Points: The consumption of simple carbohydrates will promote proliferation and differentiation of preadipocytes, further enhancing central adiposity. Managing Glycemic Loads (grams of simple sugars and carbohydrates per meal) may become critically important for aging men.

Publication Cited:

Glade MJ, Smith K. A glance at ... exercise and glucose uptake. *Nutrition*, Volume 31 (2015), Issue 6 , 893–897.

Discussion Points: A single bout of moderate to high-intensity exercise (cycling, running) to exhaustion or near-exhaustion produces an immediate short-term increase in whole-body insulin sensitivity in healthy untrained men. Even more beneficial, daily lifestyle modifications including high-intensity exercise has the capacity to increase insulin sensitivity and improve blood sugar regulation within just seven days. In addition, high-intensity exercise to exhaustion or near-exhaustion produces improvements in musculoskeletal integrity that translate to decreased chronic pain complaints in chiropractic practice.



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 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:

Author of Four 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.

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
6/26/09	Dallas TX	"The Power of Brain Based Nutrition."	2 Hours
9/24/10	Las Vegas NV	"You Can Write A Book."	N/A
9/24/11	Dallas TX	"Nutritional Influences on Cognitive Function."	4 Hours
1/20/12	Las Vegas NV	"Discover How To Author A Book."	N/A
3/17/12	Dallas, TX	"Natural Methods To Improve Cognitive Function."	2 Hours
6/23/12	Dallas, TX	"Natural Methods To Improve Cognitive Function."	2 Hours
7/14/12	Chicago IL	"Natural Methods To Improve Cognitive Function."	1.5 Hours
1/11/12	Las Vegas	"Natural Healthy Testosterone."	2 Hours
10/25/13	Dallas TX	"More Life: Improving Lean Muscle Mass and Vitality."	4 Hours
1/11/14	Las Vegas NV	"More Life: Improving Lean Muscle Mass and Vitality."	1.5 Hours
10/23/14	Dallas TX	"Aging In Good Health"	2 Hours
1/30/15	Las Vegas NV	"Body By Chiro."	1.5 Hours
1/29/16	Dallas TX	"The Paleo Diet"	1.0 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.