

BRAIN-GUT-BIOME AXIS COURSE: DISTURBANCES OF THE IMMUNE SYSTEM



**OSTEOPATHY'S
PROMISE**
TO CHILDREN

Course Director: J. Yusuf Q. Erskine, DO
February 28 - March 2, 2020

COURSE DESCRIPTION

The Brain-Gut-Biome Axis and its relationship to mental health allows an understanding of our human complexity. Nearly 45,000 studies have been published in the last five years on the brain-intestines-microbiome axis (pubmed); thousands of other studies on the microbiome and mental health (depression, anxiety, PTSD, etc). Patients of this type abound, overflowing in our clinics. Their immune system is under constant and huge stress. As a physician-osteopath, we are perhaps best placed to intervene, target and treat the entire affected person. However, we need to know an osteopathic intervention protocol, including a BGB axis palpatory evaluation, and be able to recognize how the person's immune system is affected. This course provides the necessary knowledge of the BGB axis to apply to the practice of osteopathy. This seminar focuses specifically on the immune system. Through our exploration of this system, we will see osteopathic dysfunctions related to emotional disturbances of the BGB axis. The Canadian gastroenterologist, G. Devroede, offers a reminder that the 'second brain' expresses 'what the subject cannot name.' An integrated vision, including not only the foundation of the pelvic floor, but also the whole being is indispensable to the healing process.

COURSE OBJECTIVES

Specific and unique techniques allowing a major impact on the Brain-Gut-Biome Axis will be transmitted to participants, to discriminate at the level of our palpation between disturbances of mental, emotional, physical and parasitic origin. It is with this approach that will allow the immune system to adapt, the inflammation to diminish, and the retro-activation loops of the nervous system to calm down. Upon completion of this course, participants will be expected to:

1. Recognize and know what and how to intervene in an emotional dysfunction of the BGB axis;
2. Recognize and know what and how to intervene in a dysfunction due to the presence of parasites;
3. Share how to balance the immune system and guide it towards homeostasis with the BGB axis;
4. Recognize digestive inflammation and differentiate the origins as related to mental, emotional, physical and lifestyle; and
5. Experience specific endocranial work relevant to somatic emotional dysfunction or chronic stress according to psychoneuroimmunology.

TARGET AUDIENCE

DOs and International Osteopaths only.

ELIGIBILITY REQUIREMENTS & PREREQUISITES TO ENROLL

Minimum Enrollment Requirement: Completion of USA osteopathic degree, internship, and in clinical practice; successful completion of at least one Osteopathy in the Cranial Field basic course; and one additional post-graduate course in Cranial Field osteopathy. Foreign-trained Osteopaths must submit Curriculum Vitae with evidence of post graduate course work. Ideally, attendees will have previously attended Druelle Endocranial Spasm class I. Each attendee will be vetted by the course director, J. Yusuf Q. Erskine, DO. Some waivers may be applied with special permission by main instructor, Benoit Champagne, BSc, DO (Qc). To apply, please email cme@the-promise.org with your application.

FRIDAY, FEBRUARY 28, 2020

- 8:00 am Group: Official Intro by Dr. Yusuf Erskine, DO
9:00 am Lecture: Brain-Gut Biome, the Beginning and the New Research
10:00 am Lab: Gut and the Upper Mesenteric Artery
10:30 am **SMALL GROUP REVIEW & DISCUSSION**
10:45 am Lecture: Spleen, Peritoneum & Mesenteric Tissues
12:00 pm **LUNCH (provided)**
1:00 pm Lab: Spleen, Peritoneum & Mesenteric Tissues (Part 1)
2:00 pm Lecture: Inflammatory Cascade
2:30 pm Lecture: Inflammation, Thymus/Spleen/Peritoneum & Mesenteric Interaction
3:45 pm **SMALL GROUP REVIEW & DISCUSSION**
4:00 pm Lab: Thymus/Spleen/Peritoneum & Mesenteric Tissues (Part 2)
5:00 pm **DISCUSSION & CASE STORY**
5:30 pm Adjourn

SATURDAY, FEBRUARY 29, 2020

- 8:30 am Lecture: Inflammation, Blood-Brain-Barrier (BBB) & Gut Barrier
9:30 am Lab: Lateral Colonic Axis, Mechanism of Pressure Connected to Nervous System
10:00 am Lab: Gut Porosity
10:30 am **SMALL GROUP REVIEW & DISCUSSION**
10:45 am Lecture: Inflammation and BBB
12:00 pm Lecture: Circumventricular Organs
1:00 pm **LUNCH (provided)**
2:00 pm Lecture: Nucleus Tractus Solitary (NTS) Has An Interface
2:45 pm Lab: Nucleus Tractus Solitary (NTS) & Circumventricular Organs
3:30 pm **SMALL GROUP REVIEW & DISCUSSION**
3:45 pm Lecture: Palpation Level Notice (Vascular Tree, Hormone Fluid, Inflammation State)
5:00 pm Lab: BBB Fluid Exchange Level
6:00pm Adjourn

SUNDAY, MARCH 1, 2020

- 8:30 am Lecture: Emotion & Psychic Effect (Studies of S. Lupien)
9:00 am Lecture: Emotion & Brain-Gut Effect (ex. Etkins Studies)
9:30 am Lab: Apply Kinesiology
10:15 am **SMALL GROUP REVIEW & DISCUSSION**
10:30 am Lab: Serotonin and Brain Fluid
11:15 am Lecture: Emotion and Biome Effect (Plexus & Vagus Nerves)
12:30 pm **LUNCH (provided)**
1:30 pm Lab: Plexus, Vagus & Phrenic Nerves
2:30 pm Lecture: Crystallization and Impact on the BGB Axis
(continued on side 2)

CME

Osteopathy's Promise to Children is accredited by the American Osteopathic Association to provide osteopathic continuing medical education for physicians. Osteopathy's Promise to Children designates this program for a maximum of 32 AOA Category 1-A credits and will report CME and specialty credits commensurate with the extent of the physician's participation in this activity. Approval is currently pending.

ENROLLMENT FEE

\$1,500 (USD). Includes CME credits, course manual and materials, daily continental breakfast and lunch, morning and afternoon snacks.

REGISTRATION & ACCOMMODATIONS

<https://registration.the-promise.org>

Hilton Garden Inn, 3805 Murphy Road, San Diego, CA 92123 (1/2 mile from OCS)

Contact: Edlyn Besek (858) 503-2545 | Edlyn.Besek@hgimissionvalley.com

COURSE CANCELLATION AND REFUND POLICY

By applying for this course, the applicant ("Applicant") agrees that the application fee is non-refundable and represents the administrative cost of determining the Applicant's eligibility ("Application Fee"). The application shall require the payment of the Application Fee and the registration fee for the cost of attending the course ("Registration Fee"). In the event an Applicant is denied admission to a specific course the Registration Fee shall be refunded. An accepted Applicant shall be registered for the course and the registration fee payment shall be credited against the Registration Fee for the specific course. If after registration the Applicant desires to cancel his or her registration for the course the Applicant must notify Osteopathy's Promise to Children ("OPC") of their CANCELLATION in writing, ("Notice of Cancellation"), at least fourteen (14) days prior to the initial start date for the course. If the Applicant timely and properly provides OPC with a Notice of Cancellation OPC will issue a refund of the Registration Fee to Applicant. If OPC receives a Notice of Cancellation less than fourteen (14) days prior to the initial start date for the course, or an Applicant fails to attend the course, OPC will not issue a refund of the Registration Fee. In the event an Applicant attends the course but feels that the course did not provide the material or training advertised, an Applicant may request a refund of the Registration Fee. All such requests shall state the course name, date and times of Applicant's attendance and the specific reasons for the requested refund. The Applicant's inability to attend a portion of the course shall not constitute a valid reason for a refund. All refund decisions shall be made by the Executive Director whose decision shall be final.

LIABILITY RELEASE

This program may involve physical activity, including contact by and with faculty and other course participants. This physical activity, including but not limited to physical diagnostics and manual therapeutics, could possibly entail risk for course participants of new injury or aggravation of pre-existing conditions. All course participants acknowledge and agree to assume all responsibility and risk for all losses and damages, including but not limited to any bodily injury, death, and property damage, arising out of or incident to (i) attending the course, (ii) participating in the course, (iii) using equipment or facilities during the course, and (iv) using or misusing any knowledge or information obtained or derived from the course. All course participants acknowledge and agree to indemnify, defend, and hold harmless OPC, OPC's officers, directors, employees, agents, affiliates, licensors, partners, independent contractors, suppliers and subcontractors from and against all claims, actions, suits, proceedings, losses, obligations, damages including but not limited to any bodily injury, death, and property damage, liabilities, costs, debt and expenses, whether known or unknown, anticipated or unanticipated, arising out of or incident to (i) attending the course, (ii) participating in the course, (iii) using the equipment or facilities during the course, or (iv) using or misusing any knowledge or information obtained or derived from the course at or outside of the course location. OPC reserves the right, at course participant's expense, to assume the exclusive defense and control of any matter for which course participant is required to indemnify OPC and course participant agrees to cooperate with OPC's defense of these claims. Course participant agrees not to settle any matter without the prior written consent of OPC. OPC will use reasonable efforts to notify course participant of any such claim, action, suit, or proceeding upon becoming aware of it. It is the responsibility of all participants to use the information provided within the scope of their professional license or practice.

(Saturday, November 16 schedule continued from side one)

3:30 pm Lab: Emotional Volume in the BGB Axis & Plexus Palpation
4:30 pm **SMALL GROUP REVIEW & DISCUSSION**
4:45 pm Lecture: Feedback on the Lab and Case Story
5:00 pm Lecture: Demonstration of a Clinical Session
6:00 pm Adjourn

MONDAY, MARCH 2, 2019

8:00 am Lecture: Parasites
9:15 am Lab: Recognize Dysfunction Due to the Presence of Parasites
10:15 am **SMALL GROUP REVIEW & DISCUSSION**
10:30 am Lecture: Protocol to Increase PRM of the Person
11:15 am Lab: PRM Stimulation for the BGB Axis
12:45 pm **LUNCH (provided)**
1:45 pm Lecture: Parasites and Host (Dysbiosis or Homeostasis)
2:15 pm Lab: Macrobiome vs Microbiome
3:15 pm **SMALL GROUP REVIEW & DISCUSSION**
3:30 pm Lab: Global Revision of the Global Clinical Application for BGB Axis
3:50 pm Lecture: Conclusion
4:00 pm Adjourn

Please note:

Casual dress is encouraged. In consideration of our faculty, students, and on-site patients, we kindly request that all participants and visitors please refrain from wearing perfumes, colognes or other strong fragrances while visiting our facility. Thank you in advance for your consideration and cooperation.

COURSE DIRECTOR

J. Yusuf Q. Erskine, DO is a 1989 graduate of the College of Osteopathic Medicine of Pacific (WUHS) Pomona, CA. He is board-certified as an HIV/AIDS Care Specialist, American Academy of HIV Medicine, through December 31, 2021 and by the American Osteopathic Board of Neuromusculoskeletal Medicine through December 31, 2025. Dr. Erskine completed an internship at Community Hospital, Santa Rosa, CA in Family Practice in 1990 (UCSF affiliated) and a residency in Family Practice in 1992, at Community Hospital, Santa Rosa, CA (UCSF affiliated). Dr. Erskine completed a fellowship at HIV/AIDS Care Public Health HIV Clinic, (Western States EIC), Santa Rosa, CA in June 1993 and completed post-graduate work at Dynamis School of Homeopathy, diplomate, June, 1996. Dr. Erskine has lectured and published on many important topics since 1998. Dr. Erskine practices at his Family Wellness Medical Center, Sebastopol, CA.



Core Faculty

Benoit Champagne, BSc., DO (Qc), is a graduate of the College of Osteopathic of Montreal (CEOM), thesis CAN (Qc) DO Degree 2011 and the University of Wales (UK), B.Sc. (Hons) of Osteopathy 2009. He has been teaching and lecturing since 2008 in Canada and abroad. Mr. Champagne has been lecturing on the The Brain-Gut Axis since 2015 in Canada, Germany and the US. He received the William Gardner Sutherland Award of Excellence (2011) from the Osteopathic College of Montreal.



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TO CHILDREN

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FOUNDED BY VIOLA M. FRYMANN, DO, Osteopathy's Promise to Children and Osteopathic Center for Children are sister organizations working together to: provide osteopathic care for children; present educational programs for physicians and students interested in osteopathy; provide clinical training for students, Residents, and physicians interested in osteopathy; and conduct research related to osteopathic principles and practice at the Osteopathic Center San Diego.