

Science Based Nutrition Inc.  
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## Course Syllabus

### Title of Course: Science Based Nutrition Foundational Laboratory Analysis:

Identifying serious diseases, determine metabolic imbalances and nutrient recommendations by using objective testing. Prove and document results through retesting.

Clock hours: 12

Instructor: Van D. Merkle DC, DABCI, DABCN, CCN

Description: Advanced analysis and nutritional protocols from comprehensive blood tests and extensive profiles correlating with hair analysis, urinalysis and other objective testing.

Hour 1  
(8am-9am) Introduction  
Why do blood testing?  
How to do blood testing?  
Optimum verifiable health through objective testing

Hour 2  
(9am-10am) How to read a blood test  
Cost to patients and costs to the doctor  
Legal ramifications  
Malpractice considerations  
Take on the tough cases- having and gaining confidence.

Hour 3  
(10am-11am) Starting with the basics  
CBC and Differential and nutrient recommendations

Hour 4  
(11am-12noon) Diabetes  
Glucose and Hemoglobin A1C  
Triglycerides, plus other factors and nutrient recommendations

(12noon-1pm) *-Lunch Break Approx. (1 Hour)-*

Hour 5  
(1pm-2pm) Heart disease  
Cholesterol: Total, HDL, LDL, VLDL, plus other factors  
Nutrient recommendations

Hour 6  
(2pm-3pm) Kidney function: BUN, Creatinine, BUN/Creatinine ratio, plus other factors and nutrient recommendations.

Hour 7  
(3pm-4pm) Liver disease: Hepatitis A, B and C and cirrhosis, hemochromatosis. Liver function: SGOT, SGPT, GGT Plus other factors, nutrient recommendations.

Hour 8  
(4pm-5pm) Gall Bladder disease: etiology, test findings, physical findings. Nutritional therapy and workshop of soft tissue manipulation for gall bladder disease and hiatal hernia will be demonstrated.

*-Seminar adjourns for the day and resumes the next morning for day two.-*

Hour 9  
(8am-9am) Warning signs: don't miss these! Metabolic and disease indicators including: ESR, CRP, Ferritin, CK etc. Nutrient recommendations.

Hour 10  
(9am-10am) Reporting, follow up testing, documentation  
How to do reports easily and accurately.

Hour 11 - 12  
(10am-12noon) Workshop, hands on blood analysis. Using actual cases from my practice, the doctors will analyze several blood tests doing diet modification and vitamin recommendations then comparing their analysis and recommendations with what was actually done in my

office with detailed explanation of the recommendations and results of further blood testing and patient comments. This will help the doctor to get become comfortable with looking at blood work and performing analysis and recommendations.

Note: Each section will be supported and explained with documented case studies and results from Dr. Merkle's 25 plus years of experience and practice.