

**APPROVED** for

**8 CE Credits**

by

The Chiropractors' Association  
of Saskatchewan

RenaiSanté Institute of Integrative Medicine  
presents

**Dr. James Meschino, D.C., M.S., N.D.**

**Drugs and Nutritional Supplements:  
A head-to-head comparison**



**An 8-hour Continuing Education Seminar for Chiropractors in Saskatchewan**

This seminar brings chiropractors up to speed on the use of commonly prescribed medications and compares the action and efficacy of these drugs to specific nutritional supplements in regards to mechanism of action, adverse side effects, clinical efficacy and contra-indications. Many chiropractors are aware that nutrition, exercise and targeted supplementation interventions may, in some cases, reduce or eliminate a patient's requirement for certain medications, or act as complementary agents to enhance the management of the patient's condition. This program provides an evidence-based review of this subject comparing drugs and supplements that are effective agents in the management of the following health conditions:

- High blood pressure •
- High cholesterol/triglycerides •
- Angina •
- Congestive heart failure •
- Type II Diabetes and metabolic syndrome •
- Inflammatory conditions and chronic pain •
- Osteoporosis •
- Parkinson's disease •
- Benign prostatic hyperplasia •
- Acne / Rosacea •
- Gout •
- Menopausal symptoms •
- Premenstrual syndrome and dysmenorrhea •
- Headache and migraine •
- Erectile dysfunction and low libido •
- Dementia and memory loss •
- Depression •
- Anxiety •
- Insomnia •
- Allergies and anti-histamines •
- Peptic ulcers •
- Muscle spasm and muscle relaxants •
- Seizures and epilepsy •
- Common infections •

# BONUS!

You will receive the *Course Notes (printed version)* when you attend this seminar

## Saskatoon

Sat. Nov 21/09 8am-6pm  
Saskatoon Inn Hotel &  
Conference Centre  
2002 Airport Dr  
**Manitoba Room**  
(Hotel Tel: 306-242-1440)

**Practitioners \$250 / \$150\***

**Staff \$130 / \$80\***

**Students with current I.D. \$ 110 / \$70\***

*\*Early registration discount if registered and paid  
on or before*

November 11, 2009

*All prices include applicable taxes*

## Regina

Sat. Nov 28/09 8am-6pm  
Regina Inn Hotel &  
Conference Centre  
1975 Broad St  
**Diefenbaker Room**  
(Hotel Tel: 306-525-6767)

**Register via phone, fax or email: Tel: 1-877-637-4040 / Fax: 1-888-781-3030 / seminars@meschinohealth.com**

Name \_\_\_\_\_

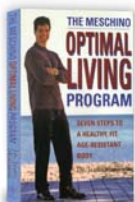
Phone \_\_\_\_\_

Method of payment:  Visa  Master Card

Amount \_\_\_\_\_ Expiry Date \_\_\_\_ / \_\_\_\_

Credit card number \_\_\_\_\_

Seminar City:  Saskatoon or  Regina



**Dr. James Meschino** is an associate professor (Division of Biochemistry and Physiology) at the Canadian Memorial Chiropractic College, where he has coordinated and/or lectured in the nutrition, natural medicine and biochemistry courses since 1984. He is a Fellow of the Academy of Anti-Aging Research (Pasadena, California) and served on their advisory board from 2001-2002. Dr. Meschino attained his N.D. degree from Canyon College in 2007. Dr. Meschino has authored and co-authored four nutrition/wellness books, including *The Meschino Optimal Living Program—7 steps to a healthy, fit, age-resistant body* and actively teaches chiropractors, physicians, pharmacists, nurses, naturopaths and estheticians continuing education courses related to the use of nutrition and supplementation in the prevention and management

of degenerative diseases, and anti-aging research. He is a member of the postgraduate faculty of the American Council on Exercise (ACE) and guest lecturer for Continuing Education for the Canadian Memorial Chiropractic College.