



2019 ICAK-USA HOMECOMING

July 25-28 | San Diego, CA

HYATT REGENCY MISSION BAY SPA & MARINA

1441 Quivera Rd,
San Diego, CA 92109
Phone: (619) 224-1234

ICAK-USA Room Rate: \$189++ (includes daily resort fee)
Hotel Cut-Off: June 10, 2019

You must reference ICAK-USA to receive the negotiated rate. The ICAK-USA group rate is guaranteed until June 10, 2019 unless the room block fills prior to that date. Rooms and/or modifications requested after the deadline date of June 10, 2019 (or after the room block is filled) will be subject to the hotels rates and rate availability.



ATTENDEE REGISTRATION FEES

All attendee registrations include access to all sessions, breakfasts, breaks, including the Saturday Awards Reception, and networking events. ICAK-USA Members ONLY may attend the Annual Business Meeting on Friday.

EARLY BIRD REGISTRATION FEES FOR DOCTORS – ENDS JUNE 1

ICAK-USA Doctor Member:	\$550
After June 1:	\$625
ICAK-USA Doctor Non-Member:	\$750
After June 1:	\$850
ICAK-USA In-School Student Members:	\$300
ICAK-USA In-School Student Non-Members:	\$325
(\$25 is put towards your 2019 Membership)	
Spouse/Guest/Physician Assistant:	\$500

HOMECOMING HIGHLIGHTS

- Presentations by some of the best AK Physicians from North America & Europe.
- Practical demonstrations you can immediately use in your office.
- Networking with suppliers.
- Earn Continuing Education Credits.

ADD ON PRICING

Practical Proficiency Exam:	\$25
Basic Written Exam:	\$25
CE Credits (up to 2 states):	\$95
Printed Notebook:	\$100
USB Drive:	\$15
Reception Guest Pass:	\$90

OPTIONAL PRECONFERENCE WORKSHOPS

Thursday, July 25, 8:00 am – 12:00 pm
Workshop Fee: \$120*

Dr. Robert Blaich will be offering his PreConference Workshop to ICAK-USA In-School Student Members and ICAK-USA First-Year Doctor Members at no cost. Contact the Central Office for details.

SUBSTITUTION & CANCELLATION POLICY

Substitutions may be made at any time. Requests for cancellation must be received in writing by fax or email (14) days prior to the seminar in order to receive a refund less a \$20 administrative charge per canceled attendee. If the cancellation is made within 14 days or less, refunds will not be granted for any reason.

If you have questions regarding the 2019 ICAK-USA Homecoming, please contact Angela Capra, acapra@dc-kansascity.com or 913-384-5336.

AGENDA

WEDNESDAY

5:00 pm - 6:30 pm Registration & Information Desk

THURSDAY

6:30 am - 6:00 pm Registration & Information Desk

8:00 am - 12:00 pm Optional Pre-Conference Workshop: Drs. Michael & Noah Lebowitz, Symptoms and Sources of Dysbiosis

Optional Pre-Conference Workshop: Dr. Richard Belli, Applied Kinesiology Approach to Segmental Dysfunction

Optional Pre-Conference Workshop: Dr. Robert Blaich, Introduction to Applied Kinesiology

1:00 pm - 1:15 pm Chairman, Opening Remarks

1:15 pm - 2:15 pm Dr. Charles Heroux, Combining IRT and the Polyvagal Theory to Release Trauma Memory

2:15 pm - 3:15 pm Dr. Michael & Noah Lebowitz, Less Common Toxic Metals: Beryllium, Gadolinium, Titanium, etc. in the Applied Kinesiology Practice

3:15 pm - 4:00 pm Break in Exhibit Hall

4:00 pm - 5:00 pm Dr. Tyran Mincey, AK and the Sleep Factors – Secrets of the Sandman

5:00 pm - 6:00 pm Dr. Scott Walker, AK Techniques for Sleep Disorders

6:00 pm - 7:00 pm Speaker Meet & Greet in Exhibit Hall

7:00 pm - 8:15 pm BCT-USA Meeting

FRIDAY

6:00 am - 5:00 pm Registration & Information Desk

7:00 am - 8:00 am Light Breakfast in Exhibit Hall

CONCURRENT A

8:00 am - 9:00 am Dr. Marc Ellis, A Journey Through Cutaneous-muscular Reflexes and Kinetic Chains

9:00 am - 10:00 am Dr. George Gonzalez, A Revolutionary Idea in the Recovery of Sensory Processing

10:00 am - 10:30 am Break in Exhibit Hall

10:30 am - 11:30 am Dr. Onnie Thatcher, Chronic Tick Borne and other Stealth Infections

11:30 am - 12:00 pm Dr. Jay Marienthal, The Mesenteric Root, Psoas and Lumbar Discs

12:00 pm - 1:30 pm Lunch on Own (Exhibit Hall Open)

12:00 pm - 1:30 pm SNS Scholarship Luncheon (invite only)

1:30 pm - 2:30 pm Speaker Presentation (TBD)

2:30 pm - 3:30 pm Paper Presentations

3:30 pm - 4:00 pm Break in Exhibit Hall

4:00 pm - 5:00 pm Paper Presentations

5:00 pm - 6:30 pm ICAK-USA Business Meeting

7:00 pm - 10:00 pm Open Mic (tentative)

CONCURRENT B

8:00 am - 9:00 am Dr. Derek Sahara, Going Beyond a Trilogy of Sprain-Strain to Treat an Athlete or any Patient

9:00 am - 10:00 am Dr. Robert Blaich, Applied Kinesiology and Human Performance

10:00 am - 10:30 am Break in Exhibit Hall

10:30 am - 11:30 am Dr. Michael Allen, Evaluating Vestibulospinal Integrity via Three Galant Reflex Responses Using Manual Muscle Testing as Functional Neurology (fMMT)

11:30 am - 12:00 pm Dr. Andrew Specht, Laser Kinesiology for the Foundation of Sport, the Ankle

12:00 pm - 1:30 pm Lunch on Own (Exhibit Hall Open)

12:00 pm - 1:30 pm SNS Scholarship Luncheon (invite only)

1:30 pm - 2:30 pm Dr. Noah Moos, Endurance, Electrolytes, and Common Pitfalls to Impaired Stamina in Athletes

2:30 pm - 3:30 pm Dr. Lawrence Calderon, So, You Want to Treat Elite Level Athletes?: The AK Advantage

3:30 pm - 4:00 pm Break in Exhibit Hall

4:00 pm - 5:00 pm Dr. Rick Serola, Musculoskeletal Integration: Biomechanics of Category II

SATURDAY

7:00 am - 6:00 pm Registration & Information Desk

7:00 am - 7:50 am Light Breakfast in Exhibit Hall

8:00 am - 10:00 am Dr. John Bandy, Manual Testing of the Muscles of the Knee

10:00 am - 10:30 am Break in Exhibit Hall

10:30 am - 11:30 am Dr. Richard Belli, Respiratory System Dysfunction and the Athlete, an Applied Kinesiology Approach

11:30 am - 12:00 pm Dr. John Wittle, Nutrigenomics Evolution and Applied Kinesiology

12:00 pm - 1:30 pm Lunch on Own (Exhibit Hall Open)

1:30 pm - 2:30 pm Dr. Chris Astill-Smith, Acetylcholine, Alzheimer's Disease and Glutathione

2:30 pm - 3:00 pm Break in Exhibit Hall

3:00 pm - 5:00 pm Dr. Wally Schmitt, AK Techniques for Sleep Disorders

5:00 pm - 7:00 pm Awards Reception

SUNDAY

6:45 am - 12:00 pm Registration

7:00 am - 7:50 am Light Breakfast in Exhibit Hall

8:00 am - 9:00 am Dr. Evan Mladenoff, If You Inflammate It – You Will Mame It!

9:00 am - 10:00 am Dr. David Leaf, Kinetic Analysis of the Patient Part 1

10:00 am - 10:30 am Break in Exhibit Hall

10:30 am - 11:30 am Dr. David Leaf, Kinetic Analysis of the Patient Part 2

11:30 am - 11:45 am Closing Remarks

SPEAKERS

THURSDAY JULY 25

PRECONFERENCE WORKSHOPS



Symptoms and Sources of Dysbiosis - Michael Lebowitz, D.C. & Noah Lebowitz, D.C.

Drs. Michael and Noah Lebowitz will teach doctors the main symptoms and sources of dysbiosis including bacterial, viral, parasitic, Lyme, fungal, biofilm, and mycotoxin infections.

Attendees will learn how to clinically identify the signs and symptoms and how to treat the patient with chiropractic and other modalities in a fast and efficient manor for anyone suffering from these issues.



Applied Kinesiology Approach to Segmental Dysfunction - Richard Belli, D.C., D.A.C.N.B., F.A.B.N.N.

Dr. Richard Belli's PreConference Workshop will explore manual therapies and segmental manipulation that are most effective when approached in a systematic manner based on the hierarchy of the nervous system. It is believed that it is not only important what therapies are applied but at least as important is the order in which they are applied. An orderly segmental treatment protocol will be provided and demonstrated that is based on the hierarchy of central nervous system function. A novel approach to manual muscle testing, referred to as "check point" muscle testing will be demonstrated and utilized. Check Point tests allow the practitioner a manner in which to determine if segmental correction is necessary and when it is complete. Six segmental adjusting patterns based on embryological divisions of the central nervous system will be taught. Correction modalities will include DTR, IRT, and segmental manipulation will be utilized.

Each attendee will have an understanding of basic central nervous system embryology and the concept of "check point muscle testing", "Brain Based" motion segment dysfunction and corrections directed at the central nervous system, and the importance of the hierarchy of segmental corrections. Each attendee will know the difference between defensive subluxations vs. offensive subluxations. Furthermore, each student will learn six patterns of segmental correction, the importance of the hierarchy of segmental corrections, and when and where to apply ancillary techniques such as Origin & Insertion Technique, Fascial Release, AK Biofeedback and each attendee will know when to apply techniques specific to lower back, neck, and extremities.



Introduction to Applied Kinesiology - Robert Blaich, D.C., DIBAK, DAIPM, DAAIM

Dr. Robert Blaich's preconference workshop consists of basic concepts and procedures that are fundamental to the understanding and practice of Applied Kinesiology. In addition to the background and history of AK and manual muscle testing, Dr. Blaich will explain and demonstrate basic procedures including muscle facilitation and inhibition (the neurological turning "on" and "off" of muscles), the use of origin-insertion technique to re-set normal muscle function following injury, the use of neurological stimulation of nutrients to lingual receptors and evaluating change in body function, and vertebral challenge using ligament mechanoreceptor stimulation to identify subluxations.

Attendees will learn, perform, and do practical application of at least two upper extremity and two lower extremity muscles and be able to perform these tests upon completion of the class



Combining IRT and the Polyvagal Theory to Release Trauma Memory - Charles Heroux, D.C., DIBAK

Injury Recall Technique developed by Dr. Wally Schmitt has provided incredible results for patients to release trauma memory since the 1980's. Dr. Stephen Porges developed what he has called the Polyvagal Theory. This represents the reaction of the autonomic nervous system in response to stress and / or trauma. Combining the work of Drs. Schmitt and Porges helps the nervous system to release deep unconscious trauma memory. Dr. Heroux will present how we can clinically combine the work of these two genius to increase our results and to reestablish a balance

in the autonomic nervous system.

Attendees will learn about the Polyvagal Theory and how the body reacts in traumatic events. The procedure of combining the IRT and the Polyvagal Theory will increase the clinical results when addressing trauma with patient by helping to restore a more balance response of the autonomic nervous system.



Less Common Toxic Metals: Beryllium, Gadolinium, Titanium, etc. in the Applied Kinesiology Practice - Michael Lebowitz, D.C. & Noah Lebowitz, D.C.

Drs. Michael and Noah Lebowitz will review how many physicians know of and routinely check for heavy metals such as mercury, aluminum, and copper toxicity; but may not know that other metals can cause toxicity in the body including Beryllium, Gadolinium, Titanium, Zirconium, Barium, Lithium, Silver, Platinum, Boron, Silicon.

Attendees will be able to identify sources and symptoms of these metals will be talked about in addition to the pros and cons of various testing methods as well as the best ways to treat them.



AK and the Sleep Factors – Secrets of the Sandman - Tyran Mincey, D.C., DIBAK

Dr. Tyran Mincey's presentation will focus on common reasons why patients do not, cannot fall asleep and cannot stay asleep. Muscle testing outcomes can be used as part of larger program to guide each clinician on the effectiveness of his efforts and the use of "sandman techniques." A sleep rubric will be presented with goal of allowing practice application on Monday.

The Centers for Disease control tell us that "insufficient sleep is a public health epidemic." Proper sleep remains one of the little known causes of poor health and function. Without it the body cannot reset, and therefore cannot heal. Attendees will gain an understanding of foundational concepts of sleep and how this may be corrected and will walk away with an understanding of how to use practical AK concepts to guide is supporting healthy sleep.



The Flywheel: GV & CV Vessels, Cerebellum and Earth Element - Scott Walker, D.C.

Dr. Scott Walker's presentation is directed at making Big Picture practical clinical sense of Meridian Therapy's Governing and Conception Vessels and seeing its influence on the Earth Element, which in turn will be seen as key to both physical and mental health. The cerebellum is very much involved. The take home piece is a method for evaluating the CV-GV-Earth-Cerebellum configurations influence on almost any condition and provide a range of therapies.

Dr. Walker will encourage checking the main source first in a simple and straightforward manner. New insights into the cerebellum's influence will be presented. The audience will leave with a simple technique but also a frame of reference for priorities.

FRIDAY JULY 26

CONCURRENT A



A Journey Through Cutaneo-muscular Reflexes and Kinetic Chains - Marc Ellis, D.C., N.M.T., D.A.C.N.B., F.A.C.F.N.

Dr. Marc Ellis will discuss contemporary understandings of fascial anatomy and its relationship to afferent impulses that form centrally generated motor patterns. Attendees will understand how cutaneous input effects muscle tone and create aberrant movements. Dr. Ellis will demonstrate how to assess and treat these incorrect movement patterns.

Attendees will practice how to discover and treat these problems and will be able to immediately apply this information to patient care.



A Revolutionary Idea in the Recovery of Sensory Processing - George Gonzalez, D.C.

Dr. George Gonzalez's presentation delves into the rehabilitation of the 80% of the nervous system that goes mostly unchecked. He will share real time strategies that will deliver neurologic shifts instantly.

Attendees will walk away with the ability to evaluate and exercise the pain and pressure signals, the sensation of touch, and vision to speech processing.



Chronic Tick Borne and other Stealth Infections - Onnie Thatcher, D.C.

Dr. Onnie Thatcher's presentation will review strategies of treating patients with chronic infections and methods to easily detect and treat the patient.

Attendees will learn how to implement strategies to help diagnose and treat patients struggling with chronic infections. This will be a hands-on session using Applied Kinesiology and other tools to help the doctor find and treat the difficult patient.



*The Mesenteric Root, Psoas and Lumbar Discs - **Jay Marienthal, D.C., DIBAK***

Dr. Jay Marienthal will review the Mesenteric Root, Psoas and lumbar discs and how AK is used to treat these conditions.

Attendees will learn visceral manipulation of the psoas and mesenteric root to greatly improve treatment of lumbar disc dysfunction.



*Going Beyond a Trilogy of Sprain-Strain to Treat an Athlete or any Patient - **Derek Sahara, D.C.***

Dr. Derek Sahara's presentation will review past experience in treating elite athletes with AK masters in their practice. Dr. Sahara will also review personal case studies regarding the knowledge and hands-on experience needed in treating such patients.

Attendees will learn how to diagnose and treat elite athletes using muscle vials as a hologram for a deeper correction.



*Applied Kinesiology and Human Performance - **Robert Blaich, D.C., DIBAK, DAIPM, DAAIM***

Dr. Robert Blaich's presentation will focus not so much on traditional Sports Medicine or the treatment of sports injuries, but on the process of assisting the patient in overcoming previous limitations. Dr. Blaich will be presenting many of the lessons he learned over 40 years of treating athletes, including ones who went on to win an Olympic Gold Medal, the Tour de France, the Ironman, the Super Bowl, the "Indianapolis 500", the IMSA Championship, and the Sebring 12 Hour Race. Dr. Blaich will be sharing the experience, thought-process, interaction, and relationships that developed with many athletes as Applied Kinesiology patients.

Attendees will learn several specific techniques for testing and treating athletes, and will gain a perspective on keeping endurance athletes healthy while assisting them in attaining new levels of performance.



*Evaluating Vestibulospinal Integrity via Three Galant Reflex Responses Using Manual Muscle Testing as Functional Neurology (fMMT) - **Michael Allen, D.C., NMD, D.A.B.C.N., DIBAK, D.C.B.C.N., D.A.A.I.M., F.A.C.F.N.***

Dr. Michael Allen's presentation divides the Galant Reflex into three different but inseparably integrated parts; the Spinal, Modified and Upper Galant tests. He will use simple standard manual muscle tests as functional neurology to discuss and demonstrate each aspect of these reflexes and their importance in upright posture.

Attendees will be able to use and understand the significance of these three Galant tests in their practice on their next practice day.



*Laser Kinesiology for the Foundation of Sport, the Ankle - **Andrew Specht, D.C., J.D.***

Dr. Andrew Specht will explain that the base of most sports is the feet and ankles. Laser Kinesiology testing can locate weaknesses in those structures and correct them for better Function in the athlete. In 2015 Dr. Specht demonstrated how to evaluate and treat a shoulder with laser kinesiology. As a follow up on that Dr. Specht will demonstrate how he has treated 5 female softball players with shoulder injuries in the last year with great success returning them to pain-free function at their sport with only 2 to 4 treatment sessions.

Attendees will have a greater appreciation of the importance of ankle in sports and enhanced knowledge of how to test and correct ankle problems using a novel approach.



*Endurance, Electrolytes, and Common Pitfalls to Impaired Stamina in Athletes - **Noah Moos, D.C.***

Dr. Noah Moo's presentation will focus on common metabolic and physiologic dysfunctions that lead to impaired stamina and endurance in athletes. These dysfunctions are incredibly common in all sports and leave most professional stumped often blaming the athletes psyche for their performance.

This presentation will allow the attendee to quickly assess their patients for these dysfunctions and correct them allowing their patient to quickly return to pre-dysfunction performance levels.

So, You Want to Treat Elite Level Athletes?: The AK Advantage - Lawrence Calderon, D.C., DIBAK

Dr. Lawrence Calderon's presentation is intended for the physician that wants to treat elite-level athletes. They may want to work with local teams or travel the world with elite-level athletes. Each physician will leave with a basic understanding of what Team doc's can do, and the advantages of being an AK physician.

Attendee will appreciate, if they choose, how to work with elite level athletes. They will appreciate the different phases of an elite athletes' competitive "season", the advantage an AK Physician has over any "Sport Doc", in terms of injury prevention, injury recovery and increased athletic performance.

***Musculoskeletal Integration: Biomechanics of Category II - Rick Serola, D.C.***

Dr. Rick Serola's presentation illustrates the kinetic chain as a contiguous shock absorption mechanism, with the sacroiliac joint as the core. Animations illustrate how muscles interconnect the core with the trunk and extremities. Once sprained, ligaments create an imbalance in muscle tone, timing, and range of motion. Illustrations will demonstrate how altered posture and joint angles result, leading to dysfunctional syndromes throughout the kinetic chain.

Key treatment principles, methods and implications will be taught to effectively recognize and treat core instability. Attendees will learn about a "new paradigm" concerning the functioning of the musculoskeletal system.

SATURDAY JULY 27

***Manual Testing of the Muscles of the Knee - John Bandy, D.C., DIBAK***

Dr. John Bandy's presentation will explore muscle testing and techniques to upgrade the quality going forward.

There are two goals with this presentation. The first is to familiarize the attendees with the specific muscle testing of Dr. Beardall and his correction methods. They should leave the presentation with a good start at becoming competent at this task. Mastery of these skills will require lots of hands on experience. The second is to give teaching diplomates a look at a method of workshoping muscle testing. This is a step toward our goal to upgrade the quality of muscle testing in the ICAK.

***Respiratory System Dysfunction and the Athlete, an Applied Kinesiology Approach - Richard Belli, D.C., D.A.C.N.B., F.A.B.N.N.***

Dr. Richard Belli's presentation will explore normal respiratory function as imperative for peak athletic performance. Dysfunction of the central nervous system respiratory centers is common in athletes with performance drop off and mechanical dysfunction of ribs and chronic rib fixations are often associated to dysfunction of central respiratory centers. Applied Kinesiology manual muscle testing is a useful tool to analyze and correct dysfunction of central nervous system centers for respiration.

Each attendee will be able to utilize manual muscle testing to analyze and correct dysfunction of the respiratory system providing improved athletic performance.

***Nutrigenomics Evolution and Applied Kinesiology - John Wittle, D.C., D.A.C.B.N., CNS***

The usage of Genetics in medicine and Nutrigenomics is evolving at a massive pace. An issue that presents is practitioners of many modalities are utilizing genomics with little understanding of what it is and its flaws. What does DNA testing tell us? How does understanding genomics incorporate into an Applied Kinesiology practice? We will address some misconceptions, some rationale for usage.

The attendee will walk away with more basic understanding of nutrigenomics including why this education is vital. Additionally, they will further understand how this expanding field relates to their professional practice.

***Acetylcholine, Alzheimer's Disease and Glutathione - Chris Astill-Smith, D.O., M.R.O., DIBAK***

Dr. Chris Astill-Smith's presentation will be aimed at doctors skilled in Applied Kinesiology techniques and will revolve around the role of low glutathione in the etiology of Alzheimer's disease and other neurological disorders and will be introducing the inhibiting effects of GGT in Glutathione absorption.

Attendees will walk away with a better understanding of neurological disorders and the effects of glutathione absorption.



AK Techniques for Sleep Disorders - Walter Schmitt, D.C., DIBAK, D.A.B.C.N.

Dr. Wally Schmitt's presentation will explain that most sleep disorders and dream-related issues are associated with aberrant neurological patterns. Many of these patterns are related to changes in neurochemistry secondary to systemic nutritional imbalances. These patterns and nutritional imbalances are reflected in neuromuscular patterns that are identifiable by various specific sensory receptor stimuli (challenges) that elicit manual muscle testing changes before and after the challenge.

Attendee will leave the lecture armed with tools for assessing and treating specific sleep and dream patterns from both neurological and nutritional perspectives.

SUNDAY JULY 28



If You Inflammate It – You Will Mame It! - Evan Mladenoff, D.C., DIBAK

Dr. Evan Mladenoff's presentation consists of two portions dealing with concussions, mild traumatic brain injury and the adverse effects of neuroinflammation. The first portion of the presentation addresses the mechanics and neuroinflammatory cascade that results from head trauma. A literature synopsis of return to participation will highlight the need for a diversified examination and therapeutic approach.

The second portion is an exploration into short term and long term examination protocols for patients who have sustained head trauma that clinicians should look for and how to address them with multi-dimensional treatment strategies

Attendee's will walk away with a greater understanding of short term and long term examination protocols and treatment strategies related to concussions and mild traumatic brain injury. These protocols are equally applicable to any neuroinflammation, systemic inflammation, trauma induced inflammation or autoimmune inflammatory responses.



Kinetic Analysis of the Patient - David Leaf, D.C., DIBAK

Dr. David Leaf's two-part presentation will explain that for years postural analysis has been done and taught in a static position with indications of muscle inhibition. Many of these examples are overly simplified. Analysis with motion helps to uncover muscular imbalances. The discussion will center on walking with a few examples of other joint imbalances.

The purpose of this presentation is to make the examining doctor quickly assess the movement of the body and analyze motions.

REGISTRATION CONFIRMATION

Your 2019 ICAK-USA Homecoming registration confirmation will be sent via email once your registration form is completed. A copy of your registration confirmation will serve as your receipt for fees paid at the time of registration. All registration fees must be paid prior to the meeting. Walk-ins are welcome but must register onsite.

CONTINUING EDUCATION



Parker University Post Grad Department will co-sponsor our meeting. Certificates will be mailed prior to December 31, 2019.

ICAK-USA is PACE certified and will be sending certificates to those that apply for CE in PACE states. Certificates will be emailed prior to December 31, 2019.

SCHOLARSHIP OPPORTUNITIES

ICAK-USA In-School Student Members and ICAK-USA First-Year Doctor Members have the opportunity to apply for the 2019 Supreme Nutrition Scholarship. This scholarship is awarded each year to ICAK-USA In-School Student Members and ICAK-USA First-Year Doctor Members that meet the criteria and submit a paper for consideration. Each SNS recipient will receive \$300 towards their 2019 ICAK-USA Homecoming Registration. Visit <http://www.icakusa.com/meeting-faq> for more information and deadline dates.