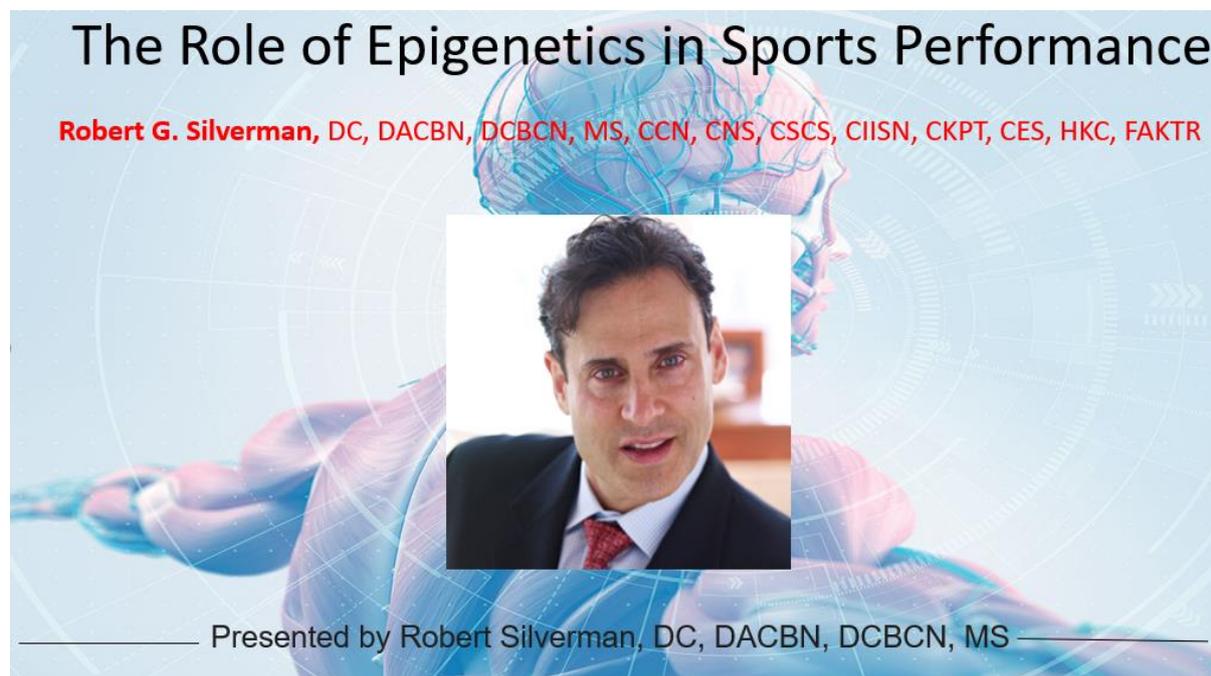


The Role of Epigenetics in Sports Performance Webinar

Presented by Dr. Robert Silverman
Tuesday 1st June 2021 | 6:30 – 7:30pm BST

~ 1 Hour Retrospective CPD/CE ~

[Register Here](#)



The Role of Epigenetics in Sports Performance

Robert G. Silverman, DC, DACBN, DCBCN, MS, CCN, CNS, CSCS, CIISN, CKPT, CES, HKC, FAKTR

Presented by Robert Silverman, DC, DACBN, DCBCN, MS

About the Webinar

Epigenetics has burst onto the scene as an essential area for practitioners to understand, yet practitioners are struggling to understand the role epigenetics play in athletic performance. The environment you're in control up to 90% of how many of your genes express themselves.

Epigenetics explains how a gene's expression can be turned on and off through interaction with environmental surroundings. These "surroundings" include lifestyle choices, mismatched diets, air pollution, stress, lack of sleep, and more. Join Dr. Robert Silverman in this insightful presentation as he breaks down the different genetic panels and explores the role epigenetics plays in activating key SNPs. This presentation will also focus on understanding and implementing epigenetic protocols, allowing practitioners to take personalization to an even more specific level, decrease trial and error, and optimize sports performance.

After this webinar, clinicians will be able to:

- Understand the types of environmental inputs that affect their athletic DNA expression
- Explain the role nutritional SNPs play in the epigenetic support of athletic DNA results
- Discover the synergistic role of DNA and serum tests and when to order each test
- Employ functional nutrition protocols that work in synergy with epigenetic tests
- Receive detailed protocols enabling practitioners to begin Monday-morning implementation
- Low-level lasers' effect on an athlete's epigenetics

About Robert G. Silverman, DC, DACBN, DCBCN, MS, CCN, CNS, CSCS, CIISN, CKTP, CES, HKC, FAKTR

Dr. Robert Silverman is a chiropractic doctor, clinical nutritionist, national/international speaker, author of Amazon's #1 bestseller, *"Inside-Out Health,"* founder and CEO of Westchester Integrative Health Ctr. The ACA Sports Council named Dr. Silverman "Sports Chiropractor of the Year" in 2015. His extensive list of educational accomplishments includes six different degrees in clinical nutrition.

Dr. Silverman is on the advisory board for the Functional Medicine University and is a seasoned health and wellness expert on both the speaking circuits and the media and a frequent health expert contributor on national blogs such as Consumer Health Digest. He has appeared on FOX News Channel, FOX, NBC, CBS, ABC, The Wall Street Journal, NewsMax. He was invited as a guest speaker on "Talks at Google" to discuss his current book. A frequently published author in peer-reviewed journals and other mainstream publications, Dr. Silverman, is a thought leader in his field and practice.

Dr. Silverman was the principal investigator on a Level 1 laser FDA study.

His new book, *Superhighway to Health*, is expected to be published in June 2021.

~ 1 Hour Complimentary Webinar ~