

# Take Back the Night

A two day RightSleep® course

22-23 NOVEMBER 2019

HOTEL VAN DER VALK ALMERE

**SIGN UP!**



**Dr. Stasha Gominak** is a Harvard trained neurologist who is the recognized leader in the new field of neurotransmitter based etiology and treatment of sleep disorders.



**NCA**

Nederlandse  
Chiropractoren Associatie

# JOIN ME FOR A 2 DAY COURSE THAT WILL COMPLETELY CHANGE HOW YOU THINK ABOUT SLEEP!

**Take Back the Night** - A two day RightSleep® course:

RightSleep® is a new approach that improves sleep by harnessing the brain-stem sleep switches.

## Recent discoveries:

- Vitamin D deficiency, and its associated abnormal intestinal bacterial population produce an important deficiency in acetylcholine.
- Acetylcholine deficiency results in an array of sleep disorders as well as increased sympathetic tone.
- Learn how to reverse this process and achieve better sleep and better health for your patients.

## Course Topics:

- Neurotransmitters, sleep and repair.
- Vitamin D and the brain-stem sleep switches.
- The intestinal microbiome and sleep.
- Pantothenic acid, acetylcholine the parasympathetic nervous system and sleep.
- Apnea, periodic limb movements and the neurotransmitters that control paralysis in deep sleep. Incorporating RightSleep® into your practice.

Hours (schedule and CPD)

Registration 08:30

22 NOVEMBER 09:00 – 17:00

23 NOVEMBER 09:00 – 15:00

12 CPD HOURS

Seminar costs

NCA Member € 595,- (Excl VAT)

Other € 650,- (Excl VAT)

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