

# New Online Microbiome & Dysbiosis Course

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I just learned that Dr. Vasquez's 30 hour continuing education course on the microbiome and dysbiosis is officially online. Dr. Alex Vasquez offers an online 30 hour course for MDs, Pharmacists, RNs, and DCs and the beauty is you can do it on your own time. I am pretty excited about this offering because new information on the "human microbiome" and "dysbiosis" is being published on a weekly basis.

Healthcare providers as well as the



general public are all tuning into the role microbes play in human health and disease. The range of conditions associated with the microbiome is staggering: everything from autism to Alzheimer's, heart disease to psoriasis, chronic

pain to autoimmunity, inflammation to allergies. You get the point. Almost every major disease is directly or indirectly tied to the microbiome.

Dr. Vasquez work provides clinicians with a structured

understanding of cutting edge material and helps you separate the helpful from the hypeful. His strength is to help you build a foundation on solid science so you can understand the mechanisms that support the seemingly crazy claims. Once these mechanisms are understood it is easy to stay abreast with all the latest developments. And as always, he gives you the latest clinical assessments and therapeutic strategies.

I don't know about you, I love going to conferences and sharing new ideas. But sometimes as an option, the thought of using my down time and then saving a thousand dollars on hotels, airfare, food and then seminar costs is pretty appealing.

Most of you have continuing education requirements each year to maintain your professional licenses. So why not become a "real expert" in the fastest growing field in medicine, the microbiome. The link will take you to the International College of Human Nutrition and Functional Medicine.

The course by Dr. Alex Vasquez is " Human Microbiome and Dysbiosis in Clinical Disease: An Integrative Functional Medicine approach to Understanding and Treating Microbial Imbalances and Chronic Infections."

By the way, Dr. Vasquez has kindly shared with me section two of the class so you can get a real sense of the full course. You can also see a shorter 4 minute version. On either link you can see a PDF that will give you the details of the continuing education credits to see if your licensing board will allow you to use this online class as part of your hours.

I hope you will take advantage of this great opportunity. Supporting the microbiome and healing dysbiosis is the first step to optimal health and Dr. Vasquez has been on the cutting edge of this field for over 10 years.

Thanks for reading this week's Tuesday Minute edition. I'll see you next Tuesday.