

# **CURRICULUM / CONTENT**

## **The Scientific Osteopathic Approach To The Immune System**

### **1. General**

### **2. Location of the Immune System**

### **3. Specific Immunity Systems**

- 3.1. The Skin
- 3.2. The Gut
- 3.3. The Lungs
- 3.4. The Genitourinary Tract

### **4. Autoimmunity**

### **5. Hypersensitivity**

- 5.1. General
- 5.2. Allergies

### **6. Improving Immunity**

- 6.1. General
- 6.2. Healthy Nutrition

The foundation of good gut health is nutrition.

Focus on fiber-rich vegetables, low-sugar fruits, non-gluten grain and vegetables.

- 6.3. Enough Sleep (7-8 hours for adults)
- 6.4. Reduce Chronic Stress
- 6.5. Stay Active
- 6.6. Resilience

### **7. Osteopathic Approach**

- 7.1. General
- 7.2. Assessment
- 7.3. Treatment
  - 7.3.1. The Gut
  - 7.3.2. The Lungs

7.3.3. The Urogenital Tract

7.3.4. The Bloodstream

7.3.5. The Craniosacral Region

7.3.6. The Lymphatic Flow

## **8. Bibliography**

## **Acknowledgment**

## **ANNEX 1**

## **GENERAL SYSTEMIC QUESTIONNAIRE**