

What Is In Our Food

A 6-Hour Home Study Program for Health Professionals

In this practical program, learn the health risks associated with contaminants in the water, milk, grains, meat and fish, fats and sweeteners, and food storage in the home and hospital and ways to reduce risks.

Participants completing this program should be able to name several ways to improve the quality of their:

1. Water,
2. Milk and milk substitutes,
3. Foods beneficial for the GI tract,
4. Meat, poultry and fish,
5. Fats, sweeteners and seasonings,
6. Food additives and preservatives,
7. Food storage, and
8. Home and medical, dental or behavioral health practice.

CONTINUING EDUCATION



NURSES: Institute for Brain Potential (IBP) is accredited with distinction as a provider of continuing nursing education by the **American Nurses Credentialing Center's Commission on Accreditation**.

IBP is approved as a provider of continuing education by **California Board of Registered Nursing**, Provider #CEP13896, and **Florida Board of Nursing**. This program provides 6 contact hours.



COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential is approved by the **American Psychological Association** to sponsor continuing education for psychologists. IBP maintains responsibility for this program and its content. This program provides 6 CE credits.

IBP is approved as a provider of CE by the **FL Board of Psychology**, by the **FL Board of Clinical Social Work, MFT and Mental Health Counseling**, by the **IL Dept. of Professional Regulation MFT CE Sponsor Program**, #168.000183, and by **TX State Board of Examiners of MFTs**, Provider #830. This program provides 6 CE hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the **NAADAC Approved Education Provider Program**, Provider #102949. IBP is approved by provider by **CCAPP-EI**, Provider Number 45-09-128-1217. This program provides 6 CEHs.



PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the **Accreditation Council for Pharmacy Education** as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0492-0000-17-042-H04-P and 0492-0000-17-042-H04-T.



Academy of General Dentistry



program provides 6 CE hours.



OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #6050. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 0.6 AOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Areas of Occupation) and Occupational Therapy Process (Outcomes). This course is approved by the **FL Board of Occupational Therapy** for 6 hours of credit.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited provider by the **Physical Therapy Board of CA**. IBP is an **IL Dept. of Professional Regulation Approved CE Sponsor** for PTs and PTAs, #216.000210. IBP is recognized by the **NY State Board of Physical Therapy** as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is an approved CE provider by **IL Dept. of Professional Regulation**, #245.000045. This course provides 6 CE hours. This course is approved for 6 hours of "General" CE Credit by the **FL Board of Massage Therapy**.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the **CA SLPAB**, # PDP247. This program provides 6 CE hours.

RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours of Category III credit through IBP's accreditation by the **ANCC**. IBP is approved by the **CA Board of Registered Nursing**, #CEP13896, and as such, its CE offerings are accepted by **Respiratory Care Board of CA**. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 contact hours of professional development credit through a cosponsorship agreement between **Alliant International University** and IBP. Alliant International University's graduate programs are accredited by the **Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges**. Please contact your school district if you need prior approval for this program.

Water

- Fluoride • Chlorine • Related Toxins
- Commercialized Waters • Rating Water Safety

Milk and Milk Substitutes

- Pasteurized Cow Milk • Non-Dairy Substitutes
- Probiotics

Foods and the GI Tract

- Celiac Disease and Gluten Intolerance • Grain Brain
- Genetically Modified Organisms • U.S. Foods that are Banned Elsewhere • Fermented Foods

Meat, Poultry and Fish

- Poultry and Eggs • Beef • Fish

Fats, Sweeteners and Seasonings

- Addictive Foods • Trans Fats • Interesterified Fats
- High Fructose Corn Syrup • Sugar Substitutes • Salt • MSG

Food Additives and Preservatives

- Formaldehyde • Food Dye No. 2 and 4
- Glyphosphate • Titanium Dioxide • Coal Tar Dyes
- Propylene Glycol • Ethylene • Harmful Preservatives • Healthful Preservatives

Food Storage

- Styrene • Bisphenol A (BPA) • Polyethylene

Home and Health Environment

- Antimicrobial Soap • Bedding • Dental • Cosmetics • Cell Phones • Hospital Equipment

Guidelines for Risk Reduction and Health Promotion

- Helpful Phytochemicals • Protective Spices and Herbs
- Risk Reduction Strategies

ABOUT THE INSTRUCTOR



Merrily Kuhn, RN, Ph.D., ND, is an expert in the study of complementary medicines. In her first career, Dr. Kuhn received her doctoral degree in Physiology (SUNY, Buffalo) and wrote extensively on topics including Pharmacotherapeutics: A Nursing Process Approach, Manual of Intravenous Medications, and Manual of Critical Care. Drawing upon her background in nursing, medicine, and physiology, she has reviewed best practices in complementary medicines.

Dr. Kuhn is an outstanding teacher and presenter of continuing education programs for health professionals. In this informative and practical program, participants will receive a detailed outline including updated information on the safety and effectiveness of complementary medicines and nutrients used to treat a wide range of conditions and a consumer's guide to quality control.

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