

Spices As Natural Medicines

A 6-Hour Home Study Program for Health Professionals

In the last decade, major medical centers have identified how selected spices can complement the prevention and management of chronic disorders.

Based on human clinical trials published in the last decade, this unique 6-hour program separates popular claims from scientifically validated discoveries for the use of spices as natural medicines.

Participants completing this program should be able to identify selected spices indicated for preventing or treating:

1. Disorders of the GI tract,
2. Pain and inflammation,
3. Respiratory disorders,
4. Cardiometabolic disorders, and
5. Disorders affecting the brain and behavior.

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 4S-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: 0492-0000-14-047-H04-P and 0492-0000-14-047-H04-T.



DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/14 - 11/30/18. Provider ID# 312413. This program provides 6 hours of CE credit. Subject Code: 557. IBP, Provider #RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the FL Board of Dentistry. This 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: 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.

Understanding Spices

- Medicinal Spices • Key Properties
- Spices with Medical Characteristics

GI Tract

- Bioavailability • Stress and Digestive Disorders
- Gut-Brain Connection • Celiac Disease
- Irritable Bowel Syndrome

Pain and Inflammation

- NSAID Effects • Steroid Effects • Steroid-Related Osteoporosis • Dental Disorders
- Rheumatoid Arthritis • Osteoarthritis

Respiratory Disorders

- Allergies • Rhinitis and Sinusitis • Influenza
- Asthma • Chronic Inflammatory Lung Disorders

Cardiometabolic Disorders

- Hypertension • Platelet Aggregation • Triglycerides
- Insulin Resistance • Type 2 Diabetes • Diabetic Neuropathy • Coronary Artery Disease

Brain and Behavior

- Chronic Stress • Appetite Control
- Anxiety and Insomnia • Depression
- Age-Related Cognitive Decline • Stroke
- Vascular (Multi-Infarct) Dementia
- Alzheimer's Disease

Preparing Spices to Optimize Their Benefits

- Sources • Storage • Preparation
- Combining Spices

ABOUT THE INSTRUCTOR



Dr. Merrily Kuhn received a doctoral degree in Physiology followed by doctorates in Naturopathic Medicine and Holistic Medicine. She has taught graduate programs in pharmacology and complementary medicine and has been affiliated with SUNY at Buffalo. As a practicing Naturopathic Physician, Dr. Kuhn treats a wide range of disorders presented in this program.

Dr. Kuhn has developed and presented educational programs for health professionals throughout the USA and is one of the nation's most popular lecturers in continuing education. An outstanding, knowledgeable and humorous speaker, she presents key discoveries from medicine and complementary medicine in clear and practical terms.

Initial Release Date: 05/04/2015 Expiration Date: 05/04/2018 Content Level: Intermediate