

February 19 to 21, 2025 9 AM – 4 PM (PDT)

Monterey, CA: Monterey Conference Center. 1 Portola Plaza, 93940

Interactive Broadcast: Phone, tablet, or computer to earn live CE credit.

On-Demand: Download or view the presentation online to earn home study credit.

DVD: Watch the presentation on DVDs to earn home study credit.

Complimentary Instructional Materials with Registration

Participants completing this program also receive complimentary 6-hour programs by Dr. Fisher: 1) Psychological and Medical Benefits of a Plant-Rich Diet, and by Dr. Goehler: 1) Conscientious Eating, 2) Mind-Body Interactions and the Stress-Inflammation Connection, 3) Understanding and Managing Autoimmune Disorders Through Lifestyle Interventions, and 4) Who Gets Sick and Who Stays Well. Participants will also receive copies of the books Training Your Brain to Adopt Healthful Habits (2024) and Food For Thought (2023).

Policies and Procedures

Schedule for Both Days: Check-in: 8:15-9 AM, program starts: 9 AM, lunch (on own): 11:30 AM, Q & A and discussion with instructor: 12-12:30 PM, lecture resumes: 12:30 PM, adjournment: 4 PM. Please register early.

Group Registration: The discount is for two or more guests enrolling together prior to the program dates.

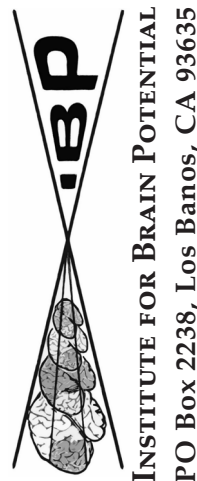
Confirmation Notices and Certificates of Completion: Confirmation notices are emailed or mailed. In-person certificates of completion are provided at the time of adjournment; successful completion includes full attendance and submission of the evaluation form. Interactive Broadcast certificates of completion are emailed or mailed. Successful completion includes: 1) Participating in the interactive webcast or watching the recording or DVD, 2) Submission of the evaluation form and post-test by email or mail, and 3) Receiving a passing score of 70% on the post-test. You may retake the exam without penalty or fee. No partial credit will be given. Psychologists are encouraged but not required to submit the evaluation form.

Unable to Attend? Request a refund minus a \$50 fee. Refund requests should be made in writing or by e-mail at refund@ibpceu.com.

Rescheduling: In the unlikely event a seminar cannot be held, it will be rescheduled. No IBP seminar has ever been canceled as the result of low attendance.



PLEASE POST



Pathways to an Anti-Inflammatory Lifestyle

A Three-Day Conference

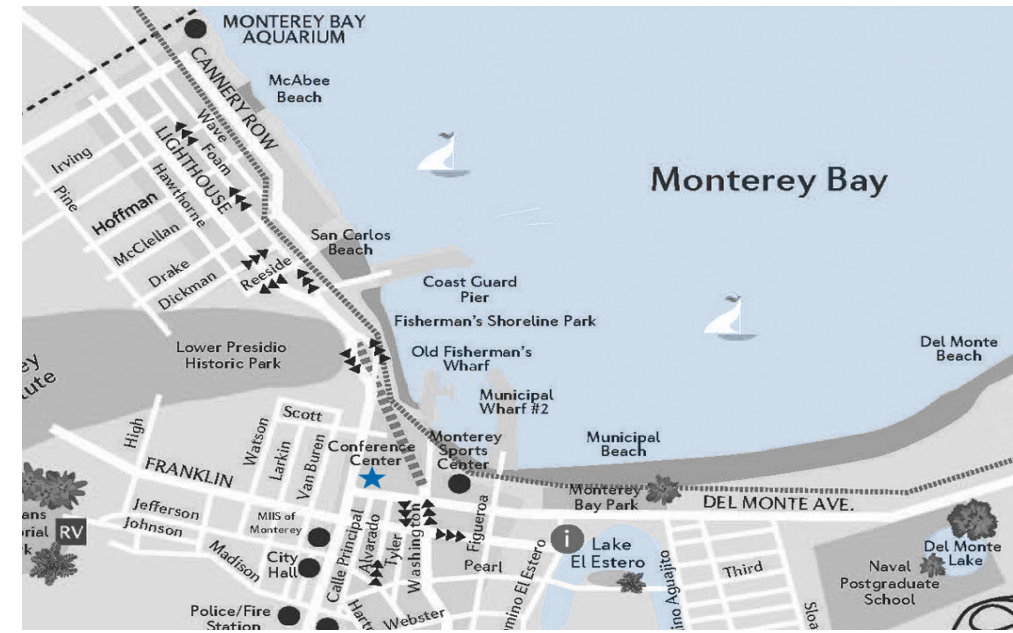
Christopher A. Lowry, PhD, Lisa E. Goehler, PhD, and Sally Fisher, MD, MS

Monterey, CA: Wed, Feb 19 – Fri, Feb 21, 2025

Also available Online, On-Demand, and on DVDs

Topics: Day 1: Dr. Lowry • Understanding the Gut Brain: Stress, Appetite, Digestion, and Mood Day 2 Dr. Goehler • Changing How We Feel by Changing What We Eat Day 3 Dr. Fisher • An Anti-Inflammatory Lifestyle

Receive 18 hours of Continuing Education Credit: \$449



Pathways to an Anti-Inflammatory Lifestyle

About the Venue and Local Attractions

Situated next to the Monterey Marriott and the Portola Hotel & Spa, the Monterey Conference Center is a short walk to the Monterey Wharf and Cannery Row. Visit the Monterey Aquarium, the 17-mile drive, or enjoy Carmel. View the venue and local attractions at www.ibpceu.com/monterey. Parking is available in the East and West Garage. Please do not contact the venue except for driving instructions.

About the Instructors



Chris Lowry, Ph.D., University of Colorado, Boulder, is an expert and award-winning neuroscience instructor concerning how anxiety, mood, and PTSD are related to the GI tract. His practical presentation describes how foods can regulate the immune system, serotonin and mood-related disorders.



Lisa Goehler, Ph.D., University of Virginia, a neuroscientist, is recognized for her discovery that GI inflammation produces disorders of mood and anxiety. Dr. Goehler has developed and taught national training programs and is the author of Food for Thought: Changing How We Feel By Changing How We Eat (2023).



Sally Fisher, MD, has been Assistant Clinical Professor, University of New Mexico School of Medicine. She is Board Certified as a Physician Nutrition Specialist and is trained in Preventive Medicine, Integrative and Holistic medicine, and also conducts ongoing clinical trials. Dr. Fisher has developed and taught national programs for continuing education and is recognized for her clinical wisdom, compassion and sense of humor.

Dedicated Customer Service

Call (888) 202-2938 (7 days a week, 4am – 7pm PT) or email info@ibpceu.com to ask about course content, instructors, corrections, grading, problem resolution, provide comments, request disability accommodations, submit a formal grievance, or remove your name from a list. To view detailed agenda for the webcast and system requirements to participate in the program, visit: www.ibpceu.com/info/antcfeguti.pdf

The IBP Experience

Over 4 million health professionals have attended our programs, making us the leading CE provider in the brain and behavioral sciences. IBP participants have a natural interest in lifelong learning and receive in-depth information that they can understand and apply.

Pathways to an Anti-Inflammatory Lifestyle

Registration options: Monterey, Interactive Broadcast, On-Demand, DVD. Includes a 'ONE' indicator.

Registration form fields: Name (PLEASE PRINT), Home Address, City/State, Zip, Work Phone, Home Phone, Email, Profession(s).

Tuition information: Includes over \$500 in materials. Options: \$449 Individual Rate, \$399 Group Rate (2 or More Persons Registering Together), \$499 On-Site Registration (if space is available).

Registration instructions: FOUR WAYS TO REGISTER FOR THIS 18-HOUR PROGRAM. 1. Internet: www.ibpceu.com, 2. Mail: PO Box 2238, Los Banos, CA 93635, 3. Fax: (877) 517-5222, 4. Phone: (866) 652-7414. Includes purchase order and credit card information.

Pathways to an Anti-Inflammatory Lifestyle

LIVE CE CREDIT



NURSES: Institute for Brain Potential (IBP) is accredited as a provider of nursing continuing professional development by the **American Nurses Credentialing Center's Commission on Accreditation**. Institute for Brain Potential is approved as a provider of continuing education by **California Board of Registered Nursing**, Provider #CEP13896.

This program provides 18 contact hours of continuing education, with 6 contact hours each day over the three-day program.



PSYCHOLOGISTS: Institute for Brain Potential is approved by the **American Psychological Association** to sponsor continuing education for psychologists. Institute for Brain Potential maintains responsibility for this program and its content. This program provides 18 CE credits, with 6 CE credits each day over the three-day program.



COUNSELORS, SOCIAL WORKERS, AND MFTs: Institute for Brain Potential has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6342. Programs that do not qualify for NBCC credit are clearly identified. Institute for Brain Potential is solely responsible for all aspects of the programs. This program provides 18 clock hours of continuing education credit, with 6 clock hours each day over the three-day program.



ACE Institute for Brain Potential, Provider Number: 1160, is approved as an ACE provider to offer social work continuing education by the **Association of Social Work Boards (ASWB)** Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval period: 11/11/23 – 11/11/26. Social workers completing this three-day program receive 18 clinical continuing education credits, with 6 clinical continuing education credits each day over the three-day program.



CHEMICAL DEPENDENCY PROFESSIONALS: This three-day program has been approved by Institute for Brain Potential, as a **NAADAC** Approved Education Provider, for 18 CEs, with 6 CEs each day over the three-day program. NAADAC Provider #102949, Institute for Brain Potential is responsible for all aspects of its programming.



PHARMACISTS: Institute for Brain Potential is accredited by the **Accreditation Council for Pharmacy Education** as a provider of continuing pharmacy education. Live UANs: 0492-0000-21-109-L04-P (Understanding the Gut Brain), 0492-0000-23-001-L04-P (Changing How We Feel By Changing What We Eat), 0492-0000-22-051-L04-P (An Anti-Inflammatory Lifestyle). All three activities are knowledge-based and provide 18 contact hours (1.8 CEUs), with 6 contact hours (0.6 CEUs) each day over the three-day program.

DENTAL PROFESSIONALS: This program provides 18 CE hours, with 6 CE hours each day over the three-day program. Institute for Brain Potential, provider RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the **Dental Board of California**.



PACE Institute for Brain Potential Nationally Approved PACE Program Provider for FAGD/MAGD credit. Approval does not imply acceptance by any regulatory authority or AGD endorsement. 12/01/18 to 11/30/24 Provider ID# 312413. AGD Subject Codes: 010 for "Understanding the Gut Brain" and 150 for both "Changing How We Feel By Changing What We Eat" and "An Anti-Inflammatory Lifestyle".



OCCUPATIONAL THERAPISTS: Institute for Brain Potential is an AOTA Approved Provider of professional development. PD activity approval ID#s 10358 (Understanding the Gut Brain), 10296 (Changing How We Feel By Changing What We Eat), 8846 (An Anti-Inflammatory Lifestyle). These live, distance learning-independent and distance learning-interactive activities are offered at combined 1.8 CEUs (18 contact hours), with 0.6 CEUs (6 contact hours) each day over the three-day program. Educational Level: Introductory (all three). Categories: OT Service Delivery and Foundational Knowledge for "Understanding the Gut Brain" and "An Anti-Inflammatory Lifestyle" and OT Service Delivery for "Changing How We Feel By Changing What We Eat." AOTA does not endorse specific course content, products, or clinical procedures.

PHYSICAL THERAPISTS: Institute for Brain Potential is approved as a provider of the physical therapy continuing education by the **Physical Therapy Board of California (PTBC)**. This program provides 18 contact hours of CE credit, with 6 CE credit each day over the three-day program. This program is approved by Texas chapter of the **American Physical Therapy Association (APTA)** for 18 contact hours of CE credit, with 6 contact hours of CE credit each day over the three-day program. The physical therapy boards in AK, AZ, DE, GA, ID, IN, KS, KY, MS, MO, NC, ND, RI, SC, OR, TN, UT, VA, WI, and WY accept courses approved by APTA chapters. This program meets the criteria for combined 18 contact hours of physical therapy continuing education in CT, IA, MO, MT, NE, NH, OR, and WA.

DISTANCE LEARNING CE CREDIT

National/state boards approved CE is available for most health professions including nursing, psychology, social work, counseling, MFT, dental, and pharmacy. View CE approvals and additional information for the home study program at: <https://www.ibpceu.com/info/AntiInflammatoryPathways.pdf>

ENDURING FORMATS RELEASE AND EXPIRATION DATES

Understanding the Gut Brain: 08/29/22 and 08/29/25, Changing How We Feel By Changing What We Eat: 08/29/22 and 08/29/25, and An Anti-Inflammatory Lifestyle: 06/30/22 and 06/30/25.

- This unique 3-day program provides an opportunity for health professionals to obtain an in-depth understanding of how to optimize an anti-inflammatory lifestyle.
- The program on the Gut Brain explains the adverse effects of chronic GI-tract inflammation and benefits of nutritional interventions.
- The second day provides literally an understanding of food for thought, changing how we feel by changing what we eat.
- On day 3 acquire a practical understanding of key principles underlying an anti-inflammatory lifestyle

Pathways to an anti-inflammatory lifestyle provides an in-depth and practical understanding that emphasize the critical role of the gut-brain axis, food for thought – changing how we feel by changing how we eat, and how medical conditions can be prevented or improved through an anti-inflammatory lifestyle.

Day 1: Understanding the Gut Brain: Stress, Appetite, Digestion, and Mood

The enteric nervous system, the gut brain, plays a pivotal role in regulating inflammation, stress, metabolism, appetite, and mood.

Participants completing this program should be able to:

1. Describe key functions of the gut brain.
2. List several ways the gut brain regulates appetite.
3. Identify how stress contributes to digestive disorders.
4. Describe how inflammation of the gut can affect mood and anxiety.
5. List several disorders that can be effectively treated with probiotics.

The Gut Brain: The Mind-Body Connection

- **The Hidden Brain:** the enteric nervous system
- **Inflammation:** the GI link between chronic stress and cortisol
- **Listening to the Gut:** the language of the gut brain.
- **"Starvation" Response:** the gut brain interprets caloric restriction.
- **Diet, Chronic Stress and Cortisol:** dieting and adrenal hormones.
- **Leptin: full but not fulfilling:** a key appetite-suppressing hormone.
- **Ghrelin: fulfilling but not filling:** a key appetite-increasing hormone.
- **Pre-Diabetes and Diabetes:** leptin- and insulin- resistance.
- **Foods that Inhibit Ghrelin and Suppress Appetite**
- **Foods that Modify Mood and Serotonin**

Stress, Digestion, and Inflammation

- **Stress and the GI Tract:** diversity and harmful GI bacteria.
- **Inflamed Gut-Inflamed Brain:** cytokines, anxiety, and mood.
- **IBS:** upper and lower intestines, bacteria, and autoimmunity.
- **Food Allergies:** gut histamine, diet, and allergic reactions.
- **GERD:** reflux and dental erosion, obesity, sleep apnea and COPD.
- **Inflammatory Bowel Disorders:** Crohn's and Ulcerative Colitis
- **Inflammatory Effects of White Adipose Fat Cells**

Understanding and Using Probiotics

- **How Probiotics Work:** the role of healthful bacterial strains.
- **Immune Disorders:** strains that reduce inflammation and allergies.
- **GI Tract Disorders:** Lactobacillus, Bifidobacteria and others.
- **Stress-Related Disorders:** strains linked to heart disease and stroke.
- **Oral and Sinus Health:** reducing levels of three key pathogens.
- **Selecting Probiotic-Rich Foods:** evidence-based guidelines.

Day 2: Changing How We Feel by Changing What We Eat

Learn how foods affect hormones underlying anxiety, mood, appetite, and sleep.

Emphasis is placed on the role of chronic inflammation and health benefits of anti-inflammatory nutrients.

Participants completing this program should be able to:

1. Describe how anxiety is affected by inflammation and diet.
2. State how mood is affected by inflammation and diet.

3. Discuss how appetite is affected by inflammation and diet.
4. Review how sleep is affected by inflammation and diet.

Psychological Stress and Protective Nutrients

- Cortisol: the adrenal hormone triggered by ongoing stress
- Inflammation: how it can increase psychological stress
- Immune System, Stress, Inflammation and Mood
- Anti-Inflammatory Foods

Appetite

- Psychological Stress, Cortisol, and Blood Sugar
- Appetite-Regulating Foods, e.g. resistant starches.
- Anti-Inflammatory + Appetite Regulating Foods
- Habit Formation: training the brain to restrain.

Generalized Anxiety, Mood and Food

- Gut Bacteria, Anxiety, and Mood Regulation
- Nutrients that can Worsen GAD, PTSD and Panic
- Anti-Inflammatory Effects of a Plant-Based Diet
- Neurotoxic Cortisol, Inflammation, and Mood
- Neuroprotective Foods that can Improve Mood

Food for Thought: Energy, Sleep, Aging

- Insomnia, Restorative Sleep and Nutrition
- Nutrition and Sleep: Serotonin and Melatonin
- Foods that can Improve Sleep Onset and Duration
- Nutrients for an Aging Brain

Day 3: An Anti-Inflammatory Lifestyle

Learn how mind-body connections affect inflammation. This program describes how diet and an anti-inflammatory lifestyle can improve the quality of health including stress, pain, mood, anxiety, and sleep.

Participants completing this program should be able to:

1. State how diet and stress contribute to chronic inflammation.
2. List anti-inflammatory drugs and foods.
3. Name appetite regulating foods.
4. Describe foods indicated for cardio-metabolic disorders and hypertension.
5. Describe foods indicated to reduce GI tract inflammation.
6. Review the connection between diet, mood, and neuroinflammation.
7. Name foods that can improve sleep and are neuroprotective.
8. Describe habits that promote an anti-inflammatory lifestyle.

Understanding Inflammation and Nutritional Interventions

- The Connection Between Stress and Inflammation
- Anti-Inflammatory Nutrients: steroidal and non-steroidal.
- Chronic Pain: musculoskeletal, joint and neuropathic pain.
- Anti-Inflammatory Foods: cherries, garlic, ginger (IL-1), curcumin (IL-6), garlic (IL-8), curcumin and fish oil (TNF).
- Appetite Regulation: resistant starches, low glycemic carbs.
- Cardio-Metabolic Disorders: update on key nutrients.
- Hypertension: a fact check regarding dietary patterns.
- Mood Antidepressants and Diet: role of a plant-based diet.
- Neuroprotective Foods: Mediterranean and Okinawan meals.
- Sleep Habits that Help Remove Neurotoxins: tau, beta-amyloid.

Habits of an Anti-Inflammatory Lifestyle

- Healthy Sources of Stress: pathways to improving resilience.
- Anti-Inflammatory Physical Activities: actionable and sustainable.
- Meaning-Based Anti-Inflammatory Activities
- Adopting Guidelines of the Inflammatory Food Index
- Preventing and Managing Chronic Conditions
- Nutritional Strategies for the Aging Brain
- Restorative Sleep: lifestyle guidelines for improving sleep quality.