

INTERACTIVE WEBCAST FRIDAY, NOVEMBER 12, 2021

INTERACTIVE WEBCAST

Friday, November 12, 2021, 9 AM – 4 PM (PST)

View the live presentation of this program on your phone, tablet, or computer to earn live CE credit.

ON-DEMAND WEBCAST

Wednesday, November 17 – Friday, December 17, 2021

Download or view the recorded presentation in four convenient segments on a phone, tablet, or computer from Wednesday, November 17, 2021 through Friday, December 17, 2021 to earn home study credit. Release Date: 11/22/19. Planned Expiration Date: 11/22/22.

HOME STUDY RECORDINGS

Valid for CE until November 22, 2022

Listen to the recorded lecture on audio CDs or view it on audio-visual DVDs at your convenience to earn home study credit. Release Date: 11/22/19. Planned Expiration Date: 11/22/22.

AN ANTI-INFLAMMATORY LIFESTYLE

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Interactive Webcast with CE Credit: Friday, November 12, 2021

On-Demand Webcast with CE Credit: November 17, 2021 – December 17, 2021

Purchase of Recordings with Home Study CE Credit: through November 22, 2022

4 Audio CDs 4 Audio-Visual DVDs

Purchase of Recordings without CE Credit:

4 Audio CDs, \$50 4 Audio-Visual DVDs, \$75

Tuition is in US dollars.

Name (PLEASE PRINT) _____

Home Address _____

City/State _____, Zip _____

Work Phone (____) _____ Home Phone (____) _____

Fax (____) _____ (PLEASE PRINT EMAIL IF AVAILABLE)

Email _____

Profession(s) _____

TUITION

\$79 Pre-Registration Rate

\$89 Registration on the Day of the Program

\$29 *Training Your Brain To Adopt Healthful Habits* (2019) (296 pages)

— a text that explains how people can adopt habits that promote an anti-inflammatory lifestyle including selection of anti-inflammatory foods and other habits to improve anxiety, mood, and sleep.

FOUR WAYS TO REGISTER

1. Internet: www.ibpceu.com

2. Mail: PO Box 2238, Los Banos, CA 93635
(make check payable to IBP)

3. Fax: (877) 517-5222

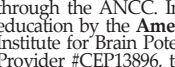
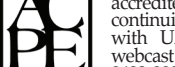
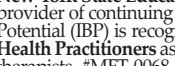
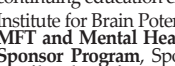
4. Phone: (866) 652-7414 (open 24 hours a day, 7 days a week)

Purchase orders are accepted. IBP tax identification number: 77-0026830

Type of Credit Card: Visa MasterCard AmEx Discover

Card # _____ Exp Date _____ / _____

Signature _____



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, and Florida Board of Nursing. This program provides 6 contact hours.

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 6 CE credits. Institute for Brain Potential is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0090. IBP is approved as a provider of continuing education by the Florida Board of Psychology. This course provides 6 contact hours of CE credit.

COUNSELORS, SOCIAL WORKERS & 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. The interactive webcast provides 6 clock hours of live CE credit. Note: NBCC-approved home study CE credit is not available for the recordings of the webcast.

ACE Institute for Brain Potential, ACE Approval Number: 1160, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Institute for Brain Potential maintains responsibility for this course. ACE provider approval period: 11/11/20 – 11/11/23. Social workers completing this course receive 6 clinical continuing education credits. Social Work Practice Level: Intermediate.

Institute for Brain Potential is approved as a provider of CE by Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by Illinois Department of Professional Regulation MFT CE Sponsor Program, Sponsor #168.000183, and by Texas State Board of Examiners of Marriage & Family Therapists, Provider #830. Institute for Brain Potential (IBP) is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0341. Institute for Brain Potential (IBP) is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0134. Institute for Brain Potential (IBP) is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0068. The Ohio CSWMT Board accepts continuing education programs approved by NBCC for counselors and ASWB for social workers. This program provides 6 contact hours.

OCCUPATIONAL THERAPISTS: Institute for Brain Potential 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 6 contact hours (.6 AOTA CEUs). Content Level: Intermediate. Content Focus: Domain of OT (Client Factors) and Occupational Therapy Process (Outcomes). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

CHEMICAL DEPENDENCY PROFESSIONALS: This course has been approved by Institute for Brain Potential, as a NAADAC Approved Education Provider, for 6 CEs. NAADAC Provider #102949, Institute for Brain Potential is responsible for all aspects of its programming.

PHARMACISTS & PHARMACY TECHNICIANS: Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. The interactive webcast is a knowledge-based activity with UANs 0492-0000-19-087-L04-P and 0492-0000-19-087-L04-T. The on-demand webcast and home study CDs/DVDs are knowledge-based activities with UANs 0492-0000-19-088-H04-P and 0492-0000-19-088-H04-T. Initial Release Date: 11/22/2019. Planned Expiration Date: 11/22/2022. This program provides 6 hours (6 CEU). This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

DENTAL PROFESSIONALS: This program provides 6 CE hours. 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. Institute for Brain Potential is an approved provider with the Florida Board of Dentistry.

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 Code: 557
Release Date: 11/22/19. Expiration Date: 11/22/22

PHYSICAL THERAPISTS: Institute for Brain Potential is approved as a provider of the physical therapy continuing education by the Physical Therapy Board of California. Institute for Brain Potential is an Illinois Department of Professional Regulation Approved CE Sponsor for PTs and PTAs, #216.000210. Institute for Brain Potential is recognized by the New York State Education Department's State Board of Physical Therapy as an approved provider of physical therapy continuing education. This program is approved by Texas chapter of the American Physical Therapy Association (APTA), Approval Expires: 12/06/2021. This program provides 6 CE hours. 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 course meets the criteria for 6 contact hours of physical therapy continuing education in CT, IA, MO, MI, NE, NH, OR, and WA.

MESSAGE THERAPISTS: Institute for Brain Potential is approved as a CE provider by the Illinois Department of Professional Regulation, #245.000045, and by the Florida Board of Massage Therapy. This program provides 6 CE hours. This program counts as 'General' hours in Florida.

SPEECH-LANGUAGE PATHOLOGISTS: Institute for Brain Potential is an approved provider by the California Speech-Language Pathology and Audiology Board (SLPAB), # PDP247, and by the Florida Board of Speech-Language Pathology and Audiology. CE credit for SLPs in Florida is available for only the interactive webcast of the program. This program provides 6 CE hours.

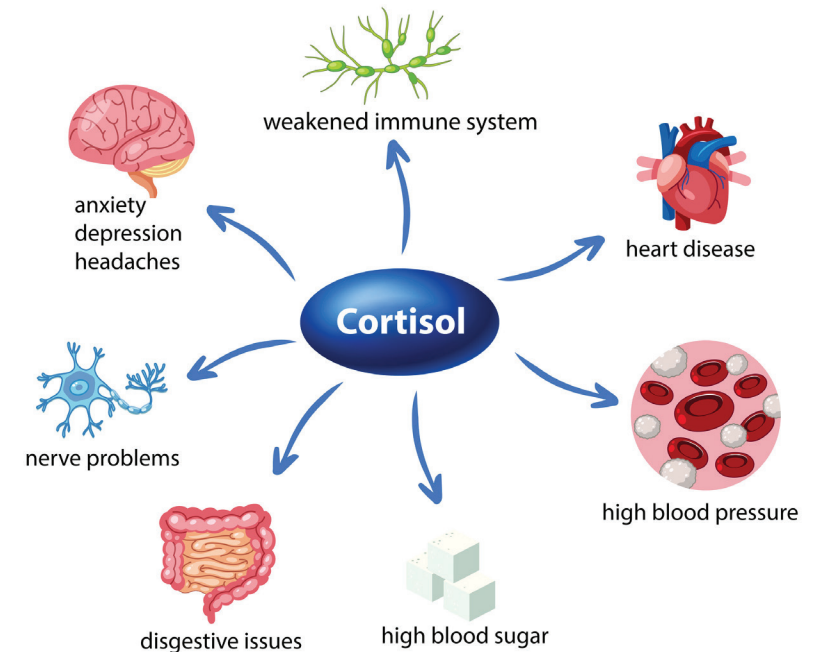
ACUPUNCTURISTS: This course is approved by the California Acupuncture Board, Provider Number 565, for 6 hours of Category 1 distance education credit. Please note that live credit is not available for this webcast.

DIETITIANS: Institute for Brain Potential is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR). CDR Credentialed Practitioners will receive 6 Continuing Professional Education units (CPEUs) for completion of this activity. Provider Number: BP001. CPE Level: II. Suggested Learning Codes: 3005, 5160, 5190, and 5220. CDR-approved credit is available for only the interactive webcast of the program.

RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours of Category III credit through the ANCC. Institute for Brain Potential is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation (ANCC). Institute for Brain Potential is approved by the California Board of Registered Nursing (CA BRN), Provider #CEP13896, to provide continuing education. Programs offered by the CA BRN approved providers of CE are accepted by the Respiratory Care Board of California.

EDUCATORS: Participants completing this program will receive 7.5 clock hours of professional development credit through a cosponsorship agreement between Alliant International University and Institute for Brain Potential. 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.

COLLEGE EDUCATED PUBLIC: This program is recommended for individuals who wish to add to their personal and professional knowledge and to improve their health and wellbeing. Participants will receive a certificate of completion for 6 hours.



AN ANTI-INFLAMMATORY LIFESTYLE

A 6-Hour Program for Health Professionals

Interactive Webcast Schedule: The date of the interactive webcast is Friday, November 12, 2021, 9 AM, Pacific Standard Time. Sign-in: 8:30 – 9 AM, program starts: 9 AM, lunch break: 11:30 AM, online Q & A: 12 – 12:30 PM, lecture resumes: 12:30 PM, adjournment: 4 PM. Please register early and sign in 30 minutes before the time of the webcast.

On-Demand Webcast Schedule: You may view the program in segments at your convenience from Wednesday, November 17, 2021 until Friday, December 17, 2021. Registrants who sign up for the interactive webcast may elect to take the on-demand webcast.

Home Study Schedule: You may listen to or view the recorded lecture at your convenience until the expiration date: November 22, 2022.

Confirmation Notices and Certificates of Completion: Registration confirmations, certificates of completion, evaluation forms, and posttests are emailed or mailed. Please attend even if you do not receive a confirmation. Successful completion includes: 1) Participating in the interactive webcast, viewing the on-demand webcast or DVD recording, or listening to the CD recording, 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.

Transfers and Cancellations: Registrants wishing to transfer or cancel have four options: 1) Transfer to alternate date of the webcast, 2) Transfer to another scheduled webcast, 3) Receive a full-value voucher good for one year for any live or recorded program, or 4) Obtain a full refund minus a \$15 fee by submitting a refund request in writing or by email at refund@ibpceu.com.

24/7 Customer Service: Call (888) 202-2938 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/anti.pdf

Institute for Brain Potential: Since 1984, our non-profit organization (tax ID 77-0026830) has presented informative and practical seminars. IBP is the leading provider of accredited programs concerning the brain and behavioral sciences.

FREQUENTLY ASKED QUESTIONS

Q: Is there a way to enjoy this seminar without being at my computer for 6 hours? What if I am not free on November 12, the date of the broadcast?

Yes! First, register for the program. You will receive a link to view the program starting November 17 until December 17. The program will be divided into four segments of approximately 75 minutes for user-friendly viewing.

Q: What if I have technical issues getting and staying connected, difficulty seeing the slides, or hearing the speaker?

We have an expert videographer to capture the sound and slides. We will make copies of the outline available to the participants. Further, in the unlikely event that you have connection problems, IBP will provide registrants with a free set of 4 CDs or DVDs of the entire program.

Q: I'd like to view the program and receive credit but without watching the live program or downloading it and still receive continuing education credit. Can I do this?

Yes! The cost of the DVD or CD set will be the same as the cost of the live program. Register now, let the operator know you will want the CD or DVD set (specify which), and make sure your profession is included in our online brochure.

Q: Can I attend this program live?

Yes, but only if you live in a city where IBP is currently presenting this seminar.

Q: My profession is not included on the brochure. Can I receive continuing education credit?

Maybe. Please contact our customer service at (888) 202-2938.

Q: How long does it usually take to receive a certificate of completion?

Typically, within 3 or 4 business days.

Learn how mind-body connections affect inflammation. This new 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 6-hour program should be able to identify:

- 1. How diet and stress contribute to chronic inflammation.*
- 2. Anti-inflammatory drugs and foods.*
- 3. Appetite regulating foods.*
- 4. Foods indicated for cardio-metabolic disorders and hypertension.*
- 5. Foods indicated to reduce GI tract inflammation.*
- 6. The connection between diet, mood, and neuro-inflammation.*
- 7. Foods that can improve sleep and are neuroprotective.*
- 8. Habits that promote an anti-inflammatory lifestyle.*

Understanding Inflammation and Nutritional Interventions

- **The Connection Between Stress and Inflammation:** cortisol, the adrenal hormone associated with chronic stress, can be toxic to the brain and adversely affect most chronic disorders.
- **Anti-Inflammatory Drugs and Foods:** steroidal and non-steroidal anti-inflammatory drugs and nutrients, e.g., ginger, willow, and curcumin.
- **Chronic Pain:** anxiety, mood, and sleep; nutrients that can reduce inflammation-related musculoskeletal, joint, and neuropathic pain; reducing dependence on opioid analgesics.
- **Anti-Inflammatory Foods:** each disorder of chronic inflammation has distinct combinations of inflammatory cytokines, e.g., cherries, garlic, ginger (IL-1), curcumin, resveratrol (IL-6), garlic (IL-8), fish oil, curcumin, garlic, ginger (TNF).
- **Appetite Regulation:** anti-inflammatory, resistant starches, low-glycemic complex carbohydrates, fiber and healthy fats; a fact check on popular diets, e.g., intermittent fasting.
- **Cardio-Metabolic Disorders:** the effectiveness of almonds, cap-saicin, flax, eggs, green tea, pectin-containing foods and dietary patterns.
- **Hypertension:** garlic, magnesium, cocoa, and curcumin when used in combination with antihypertensives—a fact check.
- **GI Inflammation:** celiac disease, inflammatory bowel disorders (Crohn's and related conditions); role of an elimination diet.
- **The Gut-Brain Axis, Mood, Anxiety and Diet:** persistent depression and generalized anxiety are linked to GI inflammation; the pros and cons of probiotics and foods.
- **Mood, Antidepressants and Diet:** anti-inflammatory effects of antidepressants; nutrient profiling for depression, e.g., omega-3s, and long-term benefits of a plant-based diet.
- **Neuroprotective Foods:** aspects of the Mediterranean, Okinawan and plant-based diets, reduced neuroinflammation, and lower risk of Alzheimer's disease.
- **Sleep Helps Remove Neurotoxins:** the clearance of inflammatory beta-amyloid and tau occurs during restorative, slow-wave sleep; the connection between diet and restorative sleep.

Habits of An Anti-Inflammatory Lifestyle

- **Healthy Sources of Stress:** stress-resilient habits that protect the brain and body by preparing us to cope with everyday and life-altering physical and mental stressors.
- **Anti-Inflammatory Physical Activity:** how moderate and regular exercise stimulates anti-inflammatory cytokines and normalizes cortisol.
- **Meaning-Based Anti-Inflammatory Activities:** reaching out to friends and loved ones produces wellbeing and reduces stress-related inflammation.
- **Adopting Guidelines of the Inflammatory Food Index:** identifying the most anti-inflammatory foods, spices, and nutrients.
- **Preventing and Managing Chronic Conditions:** an evidence-based approach that supports incorporating phytochemicals in a plant-based diet.
- **Nutritional Strategies for the Aging Brain:** natural sources of trace elements, vitamin B complex, C, D, E, CoQ10, lipoic acid; cognitive-protecting nutrients including green tea, blueberries, and curcumin.
- **Restorative Sleep:** lifestyle guidelines for improving sleep quality in health professionals and older adults through mindfulness meditation to improve sleep while reducing depression, fatigue and inflammation.

ABOUT THE INSTRUCTOR



Sally Fisher, MD, MS has been an Assistant Clinical Professor at the University of New Mexico in Preventive and Integrative Medicine, a Division of Internal Medicine. She is board certified in Preventive Medicine, in Integrative and Holistic Medicine, and as a Physician Nutrition Specialist.

Dr. Fisher has developed and taught national training programs for continuing education including Psychological and Medical Benefits of a Plant-Rich Diet and Preventing Chronic Inflammation. Health care professionals attending her programs appreciate her clinical wisdom, compassion and humor.

Dr. Fisher will answer your questions in class, during the second half of the lunch break, and by email after the program adjourns.