

**HOUSTON, TX**  
 HILTON HOUSTON NASA CLEAR LAKE  
 3000 NASA Pkwy, 77058  
 (281) 333-9300

Monday, February 27

**HOUSTON, TX** Thursday, May 4  
 CROWNE PLAZA MEDICAL CENTER-GALLERIA AREA  
 2712 SW Frwy, 77098  
 (713) 523-8448  
 Parking: \$15

**HOUSTON, TX** Friday, May 5  
 HOUSTON MARRIOTT ENERGY CORRIDOR  
 16011 Katy Frwy, 77094  
 (281) 829-5525



PLEASE POST



**AN ANTI-INFLAMMATORY LIFESTYLE**

HOUSTON: Monday, February 27

HOUSTON: Thursday, May 4

HOUSTON: Friday, May 5

**Topics Include:**

- Anti-Inflammatory Foods
- Anxiety and Mood
- Restorative Sleep

A New 6-Hour Program, Spring, 2023: \$94

**AN ANTI-INFLAMMATORY LIFESTYLE**

LIVE SEMINAR (✓ONE)

- Houston, Feb 27       Houston, May 4       Houston, May 5

UNABLE TO ATTEND?

PURCHASE RECORDINGS WITH HOME STUDY CE CREDIT (✓ONE)

- CDs       DVDs       Online

Name (PLEASE PRINT) \_\_\_\_\_

Home Address \_\_\_\_\_

City/State \_\_\_\_\_, Zip \_\_\_\_\_

Work Phone ( \_\_\_\_ ) \_\_\_\_\_ Home Phone ( \_\_\_\_ ) \_\_\_\_\_

Email \_\_\_\_\_

Profession(s) \_\_\_\_\_

**TUITION**

- \$94 Individual Rate
- \$89 Group Rate (3 or More Persons Registering Together)  
 \$104 On-Site Registration (if space is available)
- \$39 \$35 *Food For Thought: Changing How We Feel By Changing How We Eat* (2023) (344 pages) — a highly practical neuroscience-based text that presents how making informed decisions about diet can help manage inflammation, stress, mood, and anxiety. Preorder the book to receive it onsite at this discounted rate.

**FOUR WAYS TO REGISTER**

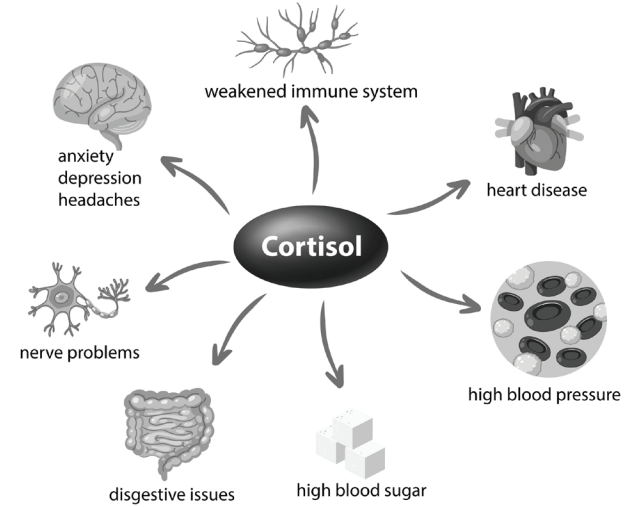
1. Internet: [www.ibpceu.com](http://www.ibpceu.com)
2. Mail: PO Box 201431, Arlington, TX 76006 (make check payable to IBP)
3. Fax: (877) 517-5222
4. Phone: (866) 652-7414 (open 24 hours a day, 7 days a week)

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

All major credit cards are accepted:

Card # \_\_\_\_\_ Exp Date \_\_\_\_\_ / \_\_\_\_\_

Signature \_\_\_\_\_



**AN ANTI-INFLAMMATORY LIFESTYLE**

A 6-Hour Program for Health Professionals

**LIVE SEMINARS**

**Schedule:** 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. Some programs sell out. Please register early.

**Group Registration:** The discount is for three or more guests enrolling together prior to the seminar date. Please complete a separate registration form for each person.

**Transfers:** You or members of your group can attend on different dates if there is space.

**Parking:** Complimentary parking is available unless indicated in the brochure.

**Unable to Attend?** You have three options: 1) Transfer to an alternate location, space permitting, 2) Receive a full-value voucher for any live or recorded lecture for up to a year, or 3) Request a full refund minus a \$15 fee. Refund requests should be made in writing or by e-mail at [refund@ibpceu.com](mailto:refund@ibpceu.com).

**Rescheduling:** In the unlikely event a seminar cannot be held (e.g., unforeseeable Covid restrictions), it will be rescheduled. No IBP seminar has ever been canceled as the result of low attendance.

**Certificates and Confirmations:** Certificates of completion are provided at the time of adjournment; successful completion includes full attendance and submission of the evaluation form. No partial credit is given. Confirmation notices are emailed or mailed.

**RECORDED PROGRAMS**

**CDs and DVDs:** Delivered to you within 5-7 workdays.

**Online:** Play or download on all devices. Need help? Call (866) 652-7414.

**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 this home study program at: [http://www.ibpceu.com/info/anti\\_inflammatory\\_lifestyle.pdf](http://www.ibpceu.com/info/anti_inflammatory_lifestyle.pdf)

**DEDICATED 24/7 CUSTOMER SERVICE**

Call (888) 202-2938 or email [info@ibpceu.com](mailto:info@ibpceu.com) to inquire about course content or instructors, request disability accommodations, or submit a formal grievance. To register, call (866) 652-7414.

**THE IBP EXPERIENCE**

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.

# AN ANTI-INFLAMMATORY LIFESTYLE



**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**. 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.



**COUNSELORS & MARRIAGE AND FAMILY THERAPISTS:** 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. Institute for Brain Potential is approved as a CE Sponsor by the **TX State Board of Examiners of Marriage & Family Therapists**, Provider #830. This program is 6 clock hours.



**ACE SOCIAL WORKERS:** 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.



**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. Institute for Brain Potential is approved as a provider of continuing education by **TCB Standards Committee**, Provider No. 1816-09. This program provides 6 continuing education hours (CEHs).



**PHARMACISTS AND PHARMACY TECHNICIANS:** Institute for Brain Potential is accredited by the **Accreditation Council for Pharmacy Education** as a provider of continuing pharmacy education. This knowledge-based activity provides 6 contact hours (6 CEUs). UANs: 0492-0000-22-051-L04-P and 0492-0000-22-051-L04-T

**DENTAL PROFESSIONALS:** This program provides 6 hours of continuing education credit.



**PACE**  
ACADEMY of  
**GENERAL DENTISTRY**  
PROGRAM APPROVAL  
FOR CONTINUING  
EDUCATION  
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.



**APPROVED PROVIDER OF CONTINUING EDUCATION**  
by The American Occupational Therapy Association, Inc.  
**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 0.6 AOTA CEUs or 6 contact hours. Content Level: Intermediate. Content Focus: Domain of OT (Client Factors) and Occupational Therapy Process (Outcomes).

**NURSING HOME ADMINISTRATORS:** Institute for Brain Potential is a *Certified Sponsor* of professional continuing education with the **NAB** and has approved this program for 6 clock hours under its sponsor agreement with NAB/NCERS. State licensure boards, however, have final authority on the acceptance of individual courses.

**PHYSICAL THERAPISTS:** This program has been approved by the **TX Physical Therapy Association** (PTA) for 6 Continuing Competence Unit (CCUs).

**SPEECH-LANGUAGE PATHOLOGISTS:** This program is designed to meet the educational needs of speech-language pathologists. Participants will receive a certificate for completing this 6-hour program. Institute for Brain Potential is approved as a CE provider by **California Speech-Language Pathology & Audiology Board (SLPAB)** and by **Florida Board of Speech-Language Pathology and Audiology**.

**MASSAGE THERAPISTS:** Institute for Brain Potential is a **Texas Department of Licensing and Regulation (TDLR)** approved provider of CE for massage therapists, #CE1762. This course provides 6 CE hours. IBP is approved by **NCBTMB** as a CE Approved Provider, #450939-09. This course provides NCBTMB-approved 6 CE hours of Advanced Science credit. Visit <http://goo.gl/85iSwY> to learn about Advanced Science credit.

**CASE MANAGERS:** This program has been pre-approved by the **Commission for Case Manager Certification** to provide 6 CE contact hours to CCM® board certified case managers.

**PHYSICIAN ASSISTANTS:** This educational activity provides 6 hours of Category 2 CME credits.

**DIETITIANS:** IBP is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR). Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 6 CPEUs for completion of this program. Continuing Professional Education Provider Accreditation does not constitute endorsement by CDR of a provider, program, or materials. Provider Number: BF001. CPE Level: II. Suggested Learning Codes: 3005, 5160, 5190, and 5220.

**ALLIED HEALTH PROFESSIONS:** Naturopathic Physicians, Veterinarians, Prosthetists, Orthotists, and Chiropractors receive a Certificate of Completion for this 6-hour program. Please contact your regulatory board to determine course approval.

**EDUCATORS:** IBP is approved as a provider of continuing education by the **TX Education Agency**, CPE#501659. This program provides 7.5 CPEs of professional development in TX.

*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 6-hour 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. 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:** cortisol, the adrenal hormone associated with chronic stress, can be toxic to the brain and adversely affect most chronic disorders.
- **Anti-Inflammatory Nutrients:** steroidal and non-steroidal anti-inflammatory drugs and nutrients, e.g., ginger, willow, and curcumin.
- **Chronic Pain:** affects 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, capsaicin, 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 GI-healthy foods.
- **Mood, Antidepressants and Diet:** anti-inflammatory effects of antidepressants; nutrient profiling for depression, e.g., omega-3s; 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 deepen 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.*