

SILVERDALE, WA
 BEST WESTERN PLUS SILVERDALE BEACH HOTEL
 3073 NW Bucklin Hill Rd, 98383. (360) 698-1000

Thursday, March 30

LYNNWOOD, WA
 LYNNWOOD EVENT CENTER
 3711 196th Street SW, 98036. (425) 778-7155

Friday, March 31

LACEY, WA
 LACEY COMMUNITY CENTER
 6729 Pacific Avenue SE, 98503. (360) 412-3191

Saturday, April 1

BELLEVUE, WA
 HOTEL 116, COAST HOTELS BELLEVUE
 625 116th Avenue NE, 98004
 (425) 455-9444

Friday, April 21

EVERETT, WA
 HISTORIC EVERETT THEATRE
 2911 Colby Ave, 98201. (425) 258-6766
 Parking: \$1 per hour, up to \$10 per day

Thursday, April 27

BELLINGHAM, WA
 FOX HALL EVENTS CENTER
 1661 W Bakerview Rd, 98225. (360) 676-7700

Friday, April 28



PLEASE POST

AN ANTI-INFLAMMATORY LIFESTYLE

LIVE SEMINAR (✓ ONE)

- Silverdale, Mar 30 Lynnwood, Mar 31 Lacey, Apr 1
 Bellevue, Apr 21 Everett, Apr 27 Bellingham, Apr 28

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

- \$89 Individual Rate
 \$84 Group Rate (3 or More Persons Registering Together)
 \$99 On-Site Registration (if space is available)
 \$19 *The Rainbow Diet* (2017) (284 pages) by Dr. Minich — a text that helps improve conscientious eating habits.

FOUR WAYS TO REGISTER

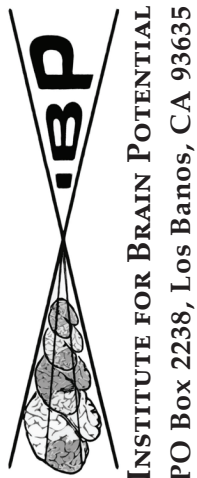
- Internet: www.ibpceu.com
- Mail: PO Box 2238, Los Banos, CA 93635 (make check payable to IBP)
- Fax: (877) 517-5222
- Phone: (866) 652-7414 (open 24 hours a day, 7 days a week)

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

All major credit cards are accepted:

Card # _____ Exp Date _____ / _____

Signature _____



AN ANTI-INFLAMMATORY LIFESTYLE

SILVERDALE: Thursday, March 30

LYNNWOOD: Friday, March 31

LACEY: Saturday, April 1

BELLEVUE: Friday, April 21

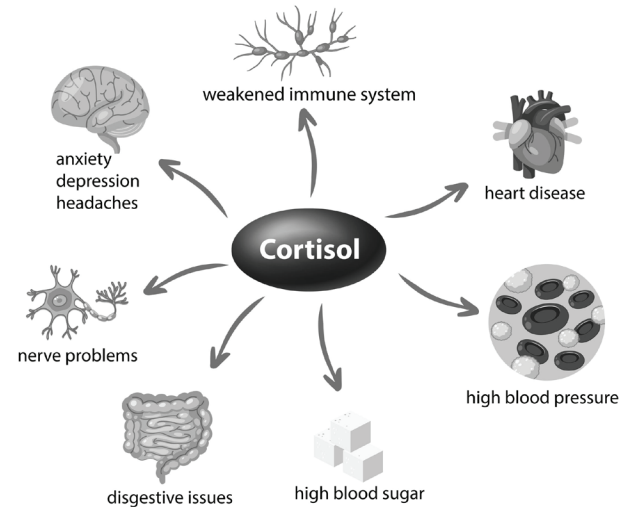
EVERETT: Thursday, April 27

BELLINGHAM: Friday, April 28

Topics Include:

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

A New 6-Hour Program, Spring, 2023: \$89



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.

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

DEDICATED 24/7 CUSTOMER SERVICE

Call (888) 202-2938 or email 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. This program provides 6 CE 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.



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 is designed to be relevant to physical therapy. Participants will receive a certificate of completion for 6 contact hours. This program has been approved by the Texas chapter of the **American Physical Therapy Association (APTA)** for 6 contact hours of continuing education credit. Institute for Brain Potential is approved as a provider of physical therapy continuing education by the **Physical Therapy Board of California (PTBC)**.

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 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: BP001. 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: Participants will receive a Certificate of Completion for 6 hours.

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



Deanna M. Minich, Ph.D., (Human Nutrition and Metabolism) is an internationally recognized expert, researcher, author, and speaker in the field of nutrition concerning phytonutrients, detoxification, and women's health. Dr. Minich is a Fellow of the American College of Nutrition and a Certified Nutrition Specialist. She is the author of over twenty scientific publications

and the founder of integrated "full-spectrum" approach to nutrition. Dr. Minich has authored research-based books including Whole Detox and The Rainbow Diet.

Dr. Minich has presented courses of study for the last two decades to licensed health professionals. An inspiring and highly informative speaker, Dr. Minich presents practical and evidence-based advances in the study of nutritional science with clarity, wisdom and warmth.

In addition to Q & A sessions in class, Dr. Minich will answer your questions during the second half of the lunch break and by email after the program concludes.