**Interactive Webcast**

**Thursday, June 18, 2020, 9 AM – 10 AM EDT**

You will need a computer with internet access and speakers to participate in the webcast.

**On-Demand Webcast**

**Tuesday, June 23, 2020 – Thursday, July 23, 2020**

Participants interested in on-demand, self-study learning including continuing education credit may register to download the recordings of the program from Tuesday, June 23, 2020 through Thursday, July 23, 2020. The program plus in-class exercises will be available in four convenient segments.

**Home Study Recordings**

Valid for CE until November 22, 2022

You may listen to or view the recorded lecture at your convenience and earn home study credit. Expiration date: November 22, 2022.

**An Anti-Inflammatory Lifestyle**

1. Interactive Webcast with CE Credit: Thursday, June 18, 2020
2. On-Demand Webcast with CE Credit: June 23 – July 23, 2020
3. Purchase of Recordings with Home Study CE Credit: through November 22, 2022
   - 4 Audio CDs
   - 4 Audio-Visual DVDs
4. Purchase of Recordings without CE Credit: $74
   - 4 Audio CDs, $50
   - 4 Audio-Visual DVDs, $75
5. Tuition is in US dollars.
6. Name (please print):
7. Home Address:
   - City/State/Zip
   - Work Phone (____) Home Phone (____)
   - Fax (____) (please print email if available)
8. Email ______
9. Profession(s)
   - Individual Rate
   - Group Rate (3 or more persons registering together)
   - Tuition is in US dollars.
10. Pre-Registration
   - $79 Individual Rate
   - $74 Group Rate (3 or more persons registering together)
11. Training Your Brain To Adopt Healthy Habits (2019) (296 pages)
   - a text that explains how people can adopt habits that promote an anti-inflammatory lifestyle and maintain inflammatory foods and other habits to improve anxiety, mood, and sleep.
12. Four Ways To Register
   - 1. Internet: www.ibrpcceu.com
   - 2. Mail: PO Box 2238, Los Banos, CA 93635 (make check payable to IBP)
   - 3. Fax: (661) 517-5222
   - 4. Phone: (888) 662-7414 (open 24 hours a day, 7 days a week)
13. Purchase orders are accepted. IBP tax identification number: 77-0026830
14. Type of Credit Card:
   - Visa
   - MasterCard
   - AmEx
   - Discover
15. Card # _______ Exp Date _______
16. Signature _______

**Interactive Webcast**

**Thursday, June 18, 2020, 9 AM – 4 PM PDT**

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**AN ANTI-INFLAMMATORY LIFESTYLE**

**FREQUENTLY ASKED QUESTIONS**

Q: Is there a way to enjoy the webcasts without being at my computer for 6 hours? What if I am not free on any of the scheduled dates of the broadcasts?

Yes! First, register for the program. You will receive a link to view the program starting June 23 until July 23. 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 of 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.

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**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-saich, 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.

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**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.

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**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.