

FRANKLIN, TN
THE FACTORY AT FRANKLIN
230 Franklin Rd, 37064
(615) 791-1777

Wednesday, May 24

KNOXVILLE, TN
BRIDGEWATER PLACE
205 Bridgewater Rd NW, 37923
(865) 247-6071

Thursday, May 25

JOHNSON CITY, TN
HOLIDAY INN JOHNSON CITY
101 W Springbrook Dr, 37604
(423) 282-4611

Friday, May 26

Please do not contact venues except for driving instructions.
Complimentary parking is available at all sites.

BEHAVIORAL AND MEDICINAL CHARACTERISTICS OF PLANT-BASED NUTRIENTS

✓one:

Franklin, May 24 Knoxville, May 25 Johnson City, May 26

Name (PLEASE PRINT) _____

Home Address _____

City/State _____, _____ Zip _____

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

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

Email _____

Profession(s) _____

PRE-REGISTRATION

- \$79 Individual Rate
- \$74 Group Rate (3 or More Persons Registering Together)
- \$89 On-Site Registration (if space is available)

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)

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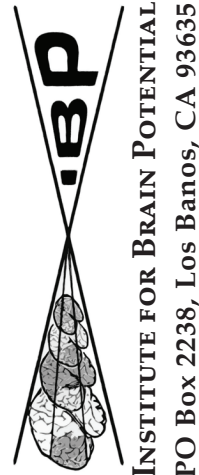
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BEHAVIORAL AND MEDICINAL CHARACTERISTICS OF PLANT-BASED NUTRIENTS

FRANKLIN: Wednesday, May 24

KNOXVILLE: Thursday, May 25

JOHNSON CITY: Friday, May 26

A New 6-Hour Seminar for Health Professionals, Spring, 2017 \$79



BEHAVIORAL AND MEDICINAL CHARACTERISTICS OF PLANT-BASED NUTRIENTS A 6-Hour Seminar for Health Professionals

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. Please register early and arrive before the start time. Space is limited.

Group Registrations: Rates apply for 3 or more pre-registered guests enrolling together. Please complete a separate registration form for each person. Members of a group can attend on different dates.

Confirmation Notices and Certificates of Completion: We will confirm your registration by email or by letter. Please attend even if you do not receive a confirmation. Registrants are responsible for parking fees, if any. Successful completion includes full attendance and submission of the evaluation form. No partial credit will be given. Certificates of completion are provided at the time of adjournment.

Transfers and Cancellations: Registrants can transfer to another seminar if space is available. Registrants canceling up to 48 hours before a seminar will receive a tuition refund less a \$15 administrative fee, an audio CD or DVD recording of the seminar with the instructional outline, if available, or if requested, a full-value voucher good for one year, for a future seminar. In the unlikely event that the seminar cannot be held (e.g., an act of God), registrants will receive free admission to a rescheduled seminar or a full-value voucher, good for one year, for a future seminar. All requests must be made in writing or online. No IBP program has ever been cancelled as the result of low attendance. We anticipate that participants will have desks at most locations.

Customer Service: Call 888-202-2938 to ask about course content, instructors, request accommodations for disability, submit a formal grievance, or remove your name from a list. For other questions, call 866-652-7414.

Institute for Brain Potential: We are the leading provider of accredited programs on the brain and behavioral sciences. Our non-profit organization (tax ID 77-0026830) has presented cost-effective, informative and practical seminars by outstanding speakers since 1984.

BEHAVIORAL AND MEDICINAL CHARACTERISTICS OF PLANT-BASED NUTRIENTS

NURSES: Institute for Brain Potential (IBP) is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

IBP is awarded "accreditation with distinction," the highest recognition awarded by the ANCC.

This program provides 6 contact hours for nurses.

PSYCHOLOGISTS: IBP is approved by the American Psychological Association to sponsor continuing education for psychologists. IBP maintains responsibility for this program and its content. This program is 6 CE credits. This course qualifies as Type I for TN Psychologists.



COUNSELORS & MARRIAGE AND FAMILY THERAPISTS: Institute for Brain Potential (IBP) 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. IBP is solely responsible for all aspects of the programs. This program provides 6 clock hours.

SOCIAL WORKERS: IBP, provider 1160, is approved as a provider for continuing education by the Association of Social Work Boards (ASWB), 400 South Ridge Parkway, Suite B, Culpeper, VA 22701. www.aswb.org. ASWB Approval Period: 11/11/2014 – 11/11/2017. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 clinical continuing education clock hours for participating in this intermediate-level course.

SUBSTANCE ABUSE PROFESSIONALS: IBP is approved by the NAADAC Approved Education Provider Program, Provider #102949. This program provides 6 continuing education hours (CEHs).



PHARMACISTS AND PHARMACY TECHNICIANS: IBP 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: 0492-0000-17-002-L04-P and 0492-0000-17-002-L04-T

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Membership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/14 – 11/30/18. Provider ID# 312413. Subject Code: 557. This program is 6 CE hours.

OCCUPATIONAL THERAPISTS: IBP 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: Occupational Therapy Process (Outcomes).

NURSING HOME ADMINISTRATORS: IBP 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: IBP is approved as a provider of physical therapy continuing education by Physical Therapy Board of California and by the New York Physical Therapy Board. The TN Board of Physical Therapy accepts courses approved by the physical therapy licensing boards of other states. This program provides 6 contact hours.

SPEECH-LANGUAGE PATHOLOGISTS: This program is designed to meet the needs of speech-language pathologists in TN. Participants will receive a certificate of completion for 6 hours.

MASSAGE THERAPISTS: IBP is approved by NCBTMB as a CE Approved Provider, #450939-09. This course is pending approval by NCBTMB for 6 CE hours.

CASE MANAGERS: This program has been submitted to the Commission for Case Manager Certification for approval to provide board certified case managers with 6 CE contact hours.

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 continuing professional education units (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: 2010, 2010, 2090, and 4040.

EDUCATORS: This program provides 7.5 Renewal Points of professional development toward license renewal in TN through a cosponsorship agreement between IBP and Alliant International University, a regionally accredited institution by the Accrediting Commission for Senior Colleges and Universities. Contact your school district if you need prior approval.

Over half of adults seen by practitioners in behavioral, dental, and medical settings have altered their diets to prevent or manage chronic conditions.

Based on human clinical trials published in the last decade, this unique 6-hour program separates popular claims from scientifically validated discoveries.

Participants completing this program should be able to identify nutrients indicated for preventing or treating selected disorders affecting:

1. Chronic stress, anxiety, depression, and cognitive decline,
2. Disorders of pain and chronic inflammation
3. Common Disorders of the respiratory system
4. Stress-related GI disorders, celiac sensitivity, and IBS
5. Risks factors underlying cardio-metabolic health, and
6. Conscientious eating habits.

Brain and Behavior

Cortisol, the adrenal hormone most associated with chronic stress, is triggered by brain centers that regulate mood, anxiety, sleep, and cognitive aging.

- **Key Classes of Plant-Based Nutrients:** Capsaicin (chili), Curcumin (turmeric), Gingerol (gingerol), Quercetin (e.g., Garlic), and Resveratrol (e.g., grape-based products).
- **Chronic Stress:** cortisol regulation and Basil, Cocoa, Curcumin, Mint, Quercetin, and Rosemary.
- **Anxiety and Insomnia:** Chamomile, Hops, and Mint.
- **Depression:** Black Cumin Seed, Curcumin, and Saffron.
- **Age-Related Cognitive Decline:** Berberine, Blueberries, Cocoa, Curry Leaf, Rosemary, Saffron, and Sage.
- **Vascular (Multi-Infarct) Dementia:** Cocoa, Fennel Seed, and Garlic.
- **Alzheimer's Disease:** Curcumin, Cocoa, Garlic, and Resveratrol.

Pain and Inflammation

Chronic pain can suppress the immune system. Various plant-based nutrients can act as NSAIDs or steroids to complement pharmacotherapy. Selected nutrients can also reduce chronic inflammation that underlies periodontal disease and arthritis.

- **NSAID Effects:** Cherry, Curcumin, Ginger, Willow, and Wintergreen.
- **Steroid Effects:** Basal, Curcumin, Licorice, Mint, Quercetin, and Rosemary.
- **Steroid-Related Osteoporosis:** Cumin, Quercetin, Sesame, Tomato.
- **Dental Disorders:** periodontal disease and Chamomile, Curcumin, Mint and Pomegranate; tooth decay and Thyme and Mint; oral sensitivity and Clove.
- **Rheumatoid Arthritis:** Cumin Seed, Curcumin, Ginger, and Pomegranate.
- **Osteoarthritis:** Capsaicin, Curcumin, and Ginger.

Respiratory Disorders

Chronic and recurrent inflammation involving the respiratory system can be managed by selected spices.

- **Allergies:** Black Cumin Seed, Curcumin, Mint, and Onion.
- **Rhinitis and Sinusitis:** Black Cumin Seed, Horseradish, and Sage.
- **Influenza:** Garlic, Juniper Berry, Pomegranate, and Thyme.
- **Asthma:** Black Cumin Seed, Cardamom, Curcumin, and Ginger.
- **COPD:** Almonds, Curcumin, Green Tea, and Resveratrol.

GI Tract

Most serotonin and other neurotransmitters are synthesized in the enteric nervous system. Thus, GI inflammation can produce mood and anxiety disorders. The absorption of drugs and plant-based nutrients can also be impaired by GI-related disorders and improved by probiotics.

- **Stress-Related Digestive Disorders:** Chili, Curcumin, Ginger, Garlic, and Resveratrol.
- **Celiac Disease:** gluten sensitivity, gluten- and casein-free diets.
- **Irritable Bowel Syndrome:** Cinnamon, Coriander, Mint, Peppermint.

Cardio-Metabolic Disorders

There is convincing evidence that plant-based nutrients can help modify key risk factors underlying metabolic disorders and coronary artery disease.

- **Hypertension:** Black Cumin Seed, Blueberries, Cardamom, Cinnamon, Cocoa, Coconut, Curcumin, Fennel Seed, Garlic, Juniper Berry, Onion, Oregano, Pomegranate, Saffron, Sesame Seed, and Tomato.
- **Platelet Aggregation:** Cardamom, Chili, Garlic, Rosemary, Sun-Dried Tomato, and Thyme.
- **Triglycerides:** Almond, Basil, Blueberries, Cinnamon, Fenugreek Seed, Garlic, Ginger, Oregano, Pomegranate Seed, and Sesame Seed.
- **Insulin Resistance:** Almond, Blueberries, Casein, Cinnamon, Cocoa, Fenugreek Seed, Ginger, and Oregano.
- **Type 2 Diabetes:** Almond, Basil, Chili, Cinnamon, Cocoa, Coriander, Cumin, Curcumin, Curry, Fenugreek Seed, Garlic, Green Tea, Onion, Pomegranate, Rosemary, and Sage.
- **Diabetic Neuropathy:** Capsaicin, Cinnamon, and Nutmeg.
- **Coronary Artery Disease:** Almond, Cumin Seed, Cardamom, Chili, Cinnamon, Cocoa, Curcumin, Fennel Seed, Garlic, Marjoram, Onion, Oregano, Rosemary, Sage, Sesame Seed, and Tomato.

Guidelines for Conscientious Eating

A mindful approach to healthy eating includes the identification of the best sources of plant-based nutrients, their preparation, and combinations.

- **Anti-inflammatory Nutrients:** sources of omega-3s, key anti-inflammatory spices (e.g., Garlic, Turmeric, Curcumin), Green Tea, Red wine, and Dark Chocolate.
- **Foods to Refuse and Choose:** exclude simple sugars with white flour, white potatoes, white rice and processed snacks; creating healthful snacks with low glycemic foods (e.g., nuts), complex carbs (e.g., wheat germ) and fruits and vegetables low in sugar and high in fiber.
- **Eating Less But Eating More Often:** maintaining an even balance of blood glucose by selecting foods that burn sugar slowly (low glycemic index) and selecting smart snacks.
- **Life-Extending Nutrients:** neuroprotective and longevity-enhancing elements in the Mediterranean and Okinawan diets.

ABOUT THE INSTRUCTOR

Dr. Merrily Kuhn received a doctoral degree in Physiology followed by doctorates in Naturopathic Medicine and Holistic Medicine. She has taught graduate programs in pharmacology and complementary medicine and has been affiliated with SUNY at Buffalo. As a practicing Naturopathic Physician, Dr. Kuhn treats a wide range of disorders presented in this program.

Dr. Kuhn has developed and presented educational programs for health professionals throughout the USA and is one of the nation's most popular lecturers in continuing education. An outstanding, knowledgeable and humorous speaker, she presents key discoveries from medicine and complementary medicine in clear and practical terms.