

**SANTA BARBARA, CA**  
 HILTON SANTA BARBARA BEACHFRONT RESORT  
 633 E Cabrillo Blvd, 93103. (805) 564-4333

Monday, February 25

**MONTEREY, CA**  
 HYATT REGENCY MONTEREY  
 1 Old Golf Course Road, 93940. (831) 372-1234

Friday, March 1

**SAN FRANCISCO, CA**  
 HOLIDAY INN SAN FRANCISCO-GOLDEN GATEWAY  
 1500 Van Ness Ave, 94109. (415) 441-4000  
 Parking: \$30

Monday, March 11

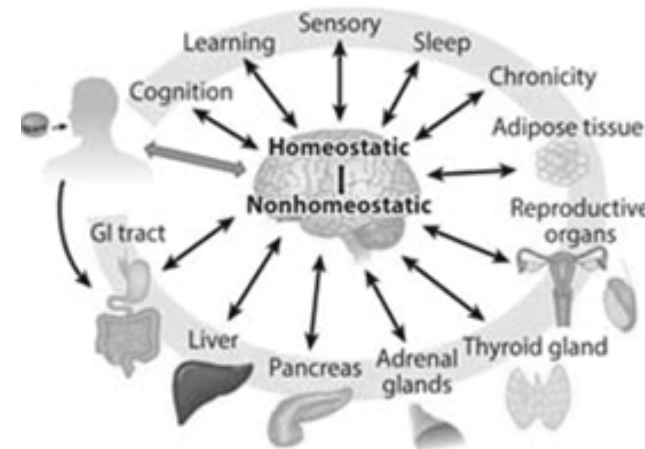
**CAMPBELL, CA**  
 VILLA RAGUSA  
 35 S 2nd St, 95008. (408) 364-1900

Wednesday, March 13

**SANTA CRUZ, CA**  
 HILTON SANTA CRUZ/SCOTT'S VALLEY  
 6001 La Madrona Dr, 95060  
 (831) 440-1000

Friday, March 15

NON-PROFIT  
 U.S. POSTAGE  
**PAID**  
 LOS ALTOS, CA  
 PERMIT #131



## CONSCIENTIOUS EATING: MENTAL HEALTH, INFLAMMATION AND THE AGING BRAIN

### LIVE SEMINAR (✓ONE)

- Santa Barbara, Feb 25     Monterey, Mar 1     San Francisco, Mar 11  
 Campbell, Mar 13     Santa Cruz, Mar 15

### 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

- \$84 Individual Rate
- \$74 Group Rate (3 or More Persons Registering Together)
- \$94 On-Site Registration (if space is available)
- \$29 \$20 *Training Your Brain To Adopt Healthful Habits* (2019) (280 pages) – a text that helps improve conscientious eating habits. 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 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)

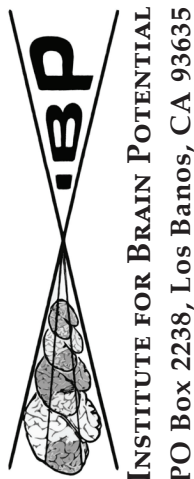
Purchase orders are accepted. IBP tax identification number: 77-0026830

All major credit cards are accepted:

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

Signature \_\_\_\_\_

PLEASE POST



## CONSCIENTIOUS EATING: MENTAL HEALTH, INFLAMMATION AND THE AGING BRAIN

SANTA BARBARA: Monday, February 25

MONTEREY: Friday, March 1

SAN FRANCISCO: Monday, March 11

CAMPBELL: Wednesday, March 13

SANTA CRUZ: Friday, March 15

- Topics Include:**
- Inflammation
  - Mental Health and the Brain
  - Protecting the Aging Brain

A New 6-Hour Program, Spring, 2019: \$84

## CONSCIENTIOUS EATING: MENTAL HEALTH, INFLAMMATION AND THE AGING BRAIN

### 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 (less than 1%) a seminar cannot be held (e.g., inclement weather), 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/conscientious\\_eating.pdf](http://www.ibpceu.com/info/conscientious_eating.pdf)

#### DEDICATED 24/7 CUSTOMER SERVICE

Call (888) 202-2938 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.

# CONSCIENTIOUS EATING: MENTAL HEALTH, INFLAMMATION AND THE AGING BRAIN



**NURSES:** Institute for Brain Potential (IBP) is approved by the CA Board of Registered Nursing, Provider #CEP13896. IBP is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. This program provides 6 contact hours for nurses.



**PSYCHOLOGISTS, COUNSELORS, SOCIAL WORKERS, AND MFTs:** 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 is 6 CE credits.



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 clock hours of CE credit.



**ACE** Institute for Brain Potential, provider #1160, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org through the Approved Continuing Education (ACE) Program. Institute for Brain Potential maintains responsibility for the program. ASWB Approval Period: November 11, 2017 – November 11, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6 clinical continuing education clock hours. Social Work Practice Level: Intermediate.



**CHEMICAL DEPENDENCY PROFESSIONALS:** Institute for Brain Potential is approved by the NAADAC Approved Education Provider Program, Provider #102949. 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: 0492-0000-18-007-L04-P and 0492-0000-18-007-L04-T

**DENTAL PROFESSIONALS:** Institute for Brain Potential (IBP), provider RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of CA. Institute for Brain Potential 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/Mastership 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 12/01/18 – 11/30/24. Provider ID# 312413. Subject Code: 557. This program is 6 CE hours.



**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 (Areas of Occupation and Client Factors).

**NURSING HOME ADMINISTRATORS:** This program has been approved by the California Nursing Home Administrator Program (NHAP) for 6 CE hours.

**PHYSICAL THERAPISTS:** Institute for Brain Potential is approved as a provider of physical therapy continuing education by the Physical Therapy Board of California (PTBC). This program provides 6 contact hours.

**SPEECH-LANGUAGE PATHOLOGISTS:** Institute for Brain Potential is approved as a provider of CE by CA Speech-Language Pathology & Audiology Board (SLPAB), #PDP247. This program provides 6 contact hours.

**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.

**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.

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

**ACUPUNCTURISTS:** This course is pending approval by the California Acupuncture Board, Provider Number 565, for 6 hours of Category 1 continuing education.

**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: I. Suggested Learning Codes: 5220, 6010, and 6020.

**EDUCATORS:** This program provides 7.5 PGs of professional development toward license renewal in CA through a sponsorship 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.

*Acquire an in-depth understanding of how conscientious eating can help reduce inflammation, curtail stress-related eating, lessen anxiety, elevate mood, improve sleep, and protect the aging brain.*

*Health professionals working in medical, dental, and behavioral practices completing this new 6-hour program should be able to:*

1. Identify how diet affects stress, mental health, and appetite.
2. Describe the link between inflammation of the GI tract, anxiety and mood, and anti-inflammatory foods.
3. Discuss how conscientious eating can help protect the aging brain.
4. List conscientious eating habits that can calm an overactive brain.

## Conscientious Eating and Inflammation

- **Understanding Inflammation:** the mind-body connection.
- **Foods That Have Anti-Inflammatory Properties**
  - **Corticosteroids:** EPA/DHA, vitamin E, quercetin, turmeric.
  - **Nonsteroidals (NSAIDs):** ginger, tart cherries, turmeric.
- **The Most Anti-Inflammatory Foods:** the Dietary Inflammatory Index and curcumin (curcuminoids), tea (catechins), cocoa (epicatechin), chili (capsaicin), garlic (allicin), and selected vegetables, fruit, grains, and legumes.
- **Gut Bacteria Contribute to Anxiety and Mood:** most serotonin and dopamine are synthesized in the GI tract; role of impaired bacterial balance.
- **Probiotics and Prebiotics:** healthful bacterial strains that can help reduce low-grade chronic inflammation related to anxiety and depression.

## Stress, Mental Health and the Brain

- **Choline-Rich Foods:** acetylcholine and short-term memory.
- **GABA-Rich Foods:** anxiety, relaxation and sleep.
- **Protein-Rich Foods:** tyrosine, norepinephrine and focused awareness.
- **L-tryptophan-Rich Foods:** serotonin, mood, appetite and sleep.
- **Diets and Mental Health:** effects of diets high in fat (ketogenic), protein (e.g., Atkins), carbohydrate, or fiber; intermittent fasting; benefits of limiting refined carbohydrates.
- **Stress-Related Eating:** emotional suppression, hostility, depression, adrenal hormones, insulin, and appetite.
- **Stress-Inhibiting Nutrients:** selected vitamins (e.g., B12), minerals (e.g., magnesium), amino acids, and fats (omega-3s).

## Protecting the Aging Brain

- **Chronic, Low-Grade Inflammation:** neuroinflammation and minimal cognitive impairment; inflammation contributes to and is perpetuated by amyloid and tangles, hallmarks of cognitive impairment; reducing risk of stroke and Alzheimer's disease.
- **Nutrients and Cognition:** choline, green tea; dose response of alcohol that is neuroprotective or neurotoxic.

- **Neuroprotective Nutrients:** anti-inflammatory foods are rich in antioxidants; low levels of vitamins D and B12 are risk factors for Alzheimer's disease; curcumin can improve working memory.
- **The MIND Diet:** combining the DASH (low sodium) and Mediterranean Diet lowers risk factors for Alzheimer's disease.
- **Limiting Refined Carbohydrates:** preventing microvascular complications of diabetes and protecting the aging brain.
- **Slowing the Aging Clock:** each tick of the aging clock results in loss of chromosome-protecting telomeres in the brain and body; how diet affects telomere shortening.
- **Sleep:** sleep deprivation, memory loss and diet.

## Developing Conscientious Eating Habits

- **Psychobiology of Mental Control:** habits that inhibit cravings (orbitofrontal cortex), improve motivation (cingulate cortex), improve planning and impulse control (lateral prefrontal cortex).
- **Appetite Regulation:** glucose-regulating fiber and resistant starches; selected proteins, e.g., whey and casein; almonds, black pepper, chili, coconut, fenugreek seed, kokum, oregano, pomegranate, and turmeric—a fact check.
- **Optimizing Anti-Inflammatory Foods:** added health benefits when combining spices and other anti-inflammatory nutrients with low-glycemic, appetite-regulating foods that are filling and fulfilling.
- **Mindful Eating:** staying calm in the present tense rather than tense about the future can improve impulse control and enhance enjoyment of eating.
- **Prioritizing Sleep:** how the regular timing and content of meals normalizes the circadian rhythms and promotes restorative sleep (stages 3 and 4); tryptophan- and melatonin-rich foods.

## 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.*