

# Conscientious Eating: Mental Health, Inflammation and the Aging Brain

## A 6-Hour Home Study Program for Health Professionals

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.

Participants completing this 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.



**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 approved as a provider of continuing education by the California Board of Registered Nursing, Provider #CEP13896, and Florida Board of Nursing. This program provides 6 contact hours.



**COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs:** 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.



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 credit.



**ACE** Institute for Brain Potential, ACE Approval Number: 1160, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) 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.

Institute for Brain Potential is approved as a provider of CE by Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by Florida Board of Psychology, by Ohio CSWMFT Board, Provider #RCST030801, by Illinois Department of Professional Regulation MFT CE Sponsor Program, Sponsor #168.000183, and by Texas State Board of Examiners of Marriage & Family Therapists, Provider #830. Institute for Brain Potential (IBP), SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0341. Institute for Brain Potential (IBP) is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0134. Institute for Brain Potential (IBP) is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0068. This program provides 6 contact hours.



**SUBSTANCE ABUSE PROFESSIONALS:** Institute for Brain Potential is approved by the NAADAC Approved Education Provider Program, Provider #102949. Institute for Brain Potential is approved by CCAPP-EI, Provider Number 4S-09-128-1217. This program provides 6 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 is designated for 6 contact hours (0.6 CEUs). UANs: 0492-0000-18-008-H04-P and 0492-0000-18-008-H04-T. This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.



**DENTAL PROFESSIONALS:** 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. Institute for Brain Potential, provider RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. Institute for Brain Potential is an approved provider with the Florida Board of Dentistry. This program provides 6 hours of CE credit.



**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 Focus: Domain of OT (Areas of Occupation and Client Factors). This course is approved by the Florida Board of Occupational Therapy for 6 hours of credit.

**PHYSICAL THERAPISTS:** Institute for Brain Potential is approved as a provider of the physical therapy continuing education by the Physical Therapy Board of California. Institute for Brain Potential is an Illinois Department of Professional Regulation Approved CE Sponsor for PTs and PTAs, #216.000210. This program provides 6 contact hours of CE credit.

**MASSAGE THERAPISTS:** Institute for Brain Potential is approved as provider of continuing education by the Illinois Department of Professional Regulation, #245.000045, and by the Florida Board of Massage Therapy. This program provides 6 CE hours. This program counts as 'General' hours in Florida.

**SPEECH-LANGUAGE PATHOLOGISTS:** Institute for Brain Potential is an approved provider by the California Speech-Language Pathology and Audiology Board (SLPAB), # PDP247. This program provides 6 CE hours



**EDUCATORS:** Participants completing this program will receive 7.5 clock hours of professional development credit through a cosponsorship agreement between Alliant International University and IBP. Alliant International University's graduate programs are accredited by the Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges. Please contact your school district if you need prior approval for this program.

## Conscientious Eating and Inflammation

- Understanding Inflammation
- Foods That Have Anti-Inflammatory Properties
  - Corticosteroids
  - Nonsteroidal (NSAIDs)
- The Most Anti-Inflammatory Foods
- Gut Bacteria Contribute to Anxiety and Mood
- Probiotics and Prebiotics

## Stress, Mental Health and the Brain

- Choline-Rich Foods
- GABA-Rich Foods
- Protein-Rich Foods
- L-tryptophan-Rich Foods
- Diets and Mental Health
- Stress-Related Eating
- Stress-Inhibiting Nutrients

## Protecting the Aging Brain

- Chronic, Low-Grade Inflammation
- Nutrients and Cognition
- Neuroprotective Nutrients
- The MIND Diet
- Limiting Refined Carbohydrates
- Slowing the Aging Clock
- Sleep

## Developing Conscientious Eating Habits

- Psychobiology of Mental Control
- Appetite Regulation
- Optimizing Anti-Inflammatory Foods
- Mindful Eating
- Prioritizing Sleep

## ABOUT THE INSTRUCTOR



Lisa E. Goehler, Ph.D., received her doctoral degree at UCLA in psychology and teaches in the Departments of Immunology and Behavior and Nursing at the University of Virginia. Dr. Goehler is an expert in mind-body connections involving inflammation, stress, mood, fatigue and diet. She has received numerous grants, honors and awards and is recognized for her discoveries concerning how GI inflammation can lower mood.

An outstanding speaker, audiences highly commend her presentations for their wealth of practical information and her ability to impart key discoveries with clarity, clinical wisdom and warmth.