

**PLYMOUTH, MA**  
HOTEL 1620 PLYMOUTH HARBOR  
180 Water St, 02360  
(508) 747-4900

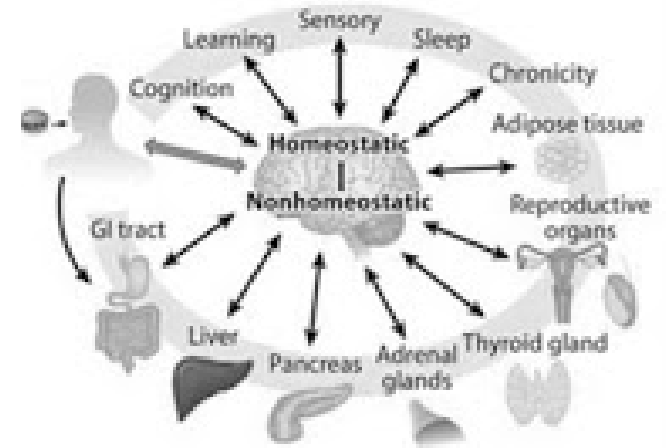
Monday, April 15

**HYANNIS, MA**  
CAPE CODDER RESORT & SPA  
1225 Iyannough Rd, 02601  
(508) 771-3000

Wednesday, April 17

**WESTPORT, MA**  
WHITE'S OF WESTPORT  
66 State Rd, 02790  
(508) 675-7185

Friday, April 19



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

LIVE SEMINAR (✓ONE)

- Plymouth, Apr 15     Hyannis, Apr 17     Westport, Apr 19

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

- \$79 Individual Rate
- \$74 Group Rate (3 or More Persons Registering Together)
- \$89 On-Site Registration (if space is available)
- \$29 \$20 *Training Your Brain To Adopt Healthful Habits* (2019) (296 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



INSTITUTE FOR BRAIN POTENTIAL  
PO Box 2238, Los Banos, CA 93635

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

PLYMOUTH: Monday, April 15

HYANNIS: Wednesday, April 17

WESTPORT: Friday, April 19

### Topics Include:

- Inflammation
- Mental Health and the Brain
- Protecting the Aging Brain

A New 6-Hour Program, Spring, 2019: \$79

## 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 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:** 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.



**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 clock hours of CE credit. This program is pending certification by the **MA Association for Marriage & Family Therapy** for 6 CE hours.



**SOCIAL WORKERS:** 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 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:** 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 meet the needs of physical therapists in MA. This program provides 6 contact hours.

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

**MESSAGE 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.

**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: 5220, 6010, and 6020.

**EDUCATORS:** This program provides 7.5 PDUUs of professional development toward license renewal in MA 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.

*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

*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.*

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