

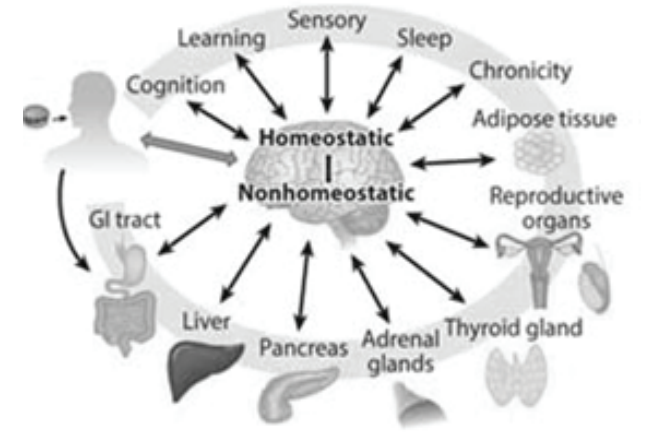
ELMIRA, NY
HOLIDAY INN ELMIRA-RIVERVIEW
760 E Water St, 14901
(607) 734-4211

Thursday, May 17

JOHNSON CITY, NY
TRADITIONS AT THE GLEN RESORT AND HOTEL
4101 Watson Blvd, 13790
(607) 797-2381

Friday, May 18

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



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 program for up to a year, or 3) Request a tuition refund minus a \$15 fee. Refund requests should be made in writing or by e-mail at refund@ibpceu.com.

Rescheduling: In the rare 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: Shipped after April 13, 2018.

Online: Available starting March 14, 2018. Online programs can be played or downloaded 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

DEDICATED 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

Our non-profit organization (tax ID 77-0026830) has presented informative and practical seminars by great speakers since 1984. IBP is the leading provider of accredited programs concerning the brain and behavioral sciences.

CONSCIENTIOUS EATING: MENTAL HEALTH, INFLAMMATION AND THE AGING BRAIN

LIVE SEMINAR (✓ ONE)

- Elmira, May 17 Johnson City, May 18

UNABLE TO ATTEND?

PRE-ORDER 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)

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)

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

ELMIRA: Thursday, May 17

JOHNSON CITY: Friday, May 18

Topics Include:

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

A New 6-Hour Program, Spring, 2018: \$79

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 approval by the **New York State Education Department's State Board for Mental Health Practitioners** to provide Licensed Mental Health Counselors and Marriage & Family Therapists in New York with 6 contact hours of continuing education.

SOCIAL WORKERS: 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. This program provides 6 contact hours.



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 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: 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: 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: Institute for Brain Potential is approved as a provider of physical therapy continuing education by the **New York State Education Department's State Board for Physical Therapy**. This program provides 6 contact hours.

SPEECH-LANGUAGE PATHOLOGISTS: This program is designed to be relevant to speech-language pathologists. Participants will receive a certificate of completion for participating in this 6-hour program.

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 pre-approved by the **Commission for Case Manager Certification** to provide 6 CE contact hours to CCM® board certified case managers.

DIETITIANS: Institute for Brain Potential 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 PD Hours of professional development toward license renewal in NY through a cosponsorship agreement between Institute for Brain Potential 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

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 US 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.

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