

# INTERACTIVE WEBCAST THURSDAY, OCTOBER 7, 2021

## INTERACTIVE WEBCAST

Thursday, October 7, 2021, 9 AM – 4 PM (EDT)

You will need a computer with internet access and speakers or headphones to participate in the webcast.

## ON-DEMAND WEBCAST

Tuesday, October 12, 2021 – Friday, November 12, 2021

Participants interested in on-demand, self-study learning including continuing education credit may register to download the recording of the program from Tuesday, October 12, 2021 through Friday, November 12, 2021. The program plus in-class exercises will be available in four convenient segments.

## HOME STUDY RECORDINGS

Valid for CE until January 1, 2023

You may listen to or view the recorded lecture at your convenience and earn home study credit. Expiration date: January 1, 2023

# CHANGING HOW WE FEEL BY CHANGING WHAT WE EAT

✓ one

Interactive Webcast with CE Credit: Thursday, October 7, 2021

On-Demand Webcast with CE Credit: October 12, 2021 – November 12, 2021

Purchase of Recordings with Home Study CE Credit: through January 1, 2023

4 Audio CDs  4 Audio-Visual DVDs

Purchase of Recordings without CE Credit:

4 Audio CDs, \$50  4 Audio-Visual DVDs, \$75

Tuition is in US dollars.

Name (PLEASE PRINT) \_\_\_\_\_

Home Address \_\_\_\_\_

City/State \_\_\_\_\_, Zip \_\_\_\_\_

Work Phone (\_\_\_\_) \_\_\_\_\_ Home Phone (\_\_\_\_) \_\_\_\_\_

Fax (\_\_\_\_) \_\_\_\_\_ (PLEASE PRINT EMAIL IF AVAILABLE)

Email \_\_\_\_\_

Profession(s) \_\_\_\_\_

### TUITION

- \$79 Pre-Registration Rate
- \$89 Registration on the Day of the Program
- \$29 *Training Your Brain To Adopt Healthy Habits* (2019) (296 pages) — a text that includes how positive eating habits can reduce inflammation stress, regulate appetite, reduce anxiety, improve mood and restorative sleep.

### 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

Type of Credit Card:  Visa  MasterCard  AmEx  Discover

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

Signature \_\_\_\_\_



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

**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 provides 6 CE credits. Institute for Brain Potential is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0090. IBP is approved as a provider of continuing education by the Florida Board of Psychology. This course provides 6 contact hours of CE credit.

**COUNSELORS, 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. The interactive webcast provides 6 clock hours of live CE credit. Note: NBCC-approved home study CE credit is not available for the recordings of the webcast.

**ACE:** Institute for Brain Potential, ACE Approval Number: 1160, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Institute for Brain Potential maintains responsibility for this course. ACE provider approval period: 11/11/20 – 11/11/23. Social workers completing this course receive 6 clinical continuing education credits. 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 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) 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 #SW-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. The Ohio CSWMFT Board accepts continuing education programs approved by NBCC for counselors and ASWB for social workers. This program provides 6 contact 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 6 contact hours (.6 AOTA CEUs). Content Level: Intermediate. Content Focus: Domain of OT (Client Factors). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

**CHEMICAL DEPENDENCY PROFESSIONALS:** This course has been approved by Institute for Brain Potential, as a NAADAC Approved Education Provider, for 6 CEs. NAADAC Provider #102949. Institute for Brain Potential is responsible for all aspects of its programming.

**PHARMACISTS & PHARMACY TECHNICIANS:** Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. The interactive webcast is a knowledge-based activity with UANs 0492-0000-20-030-L04-P and 0492-0000-20-030-L04-T. The on-demand webcast and home study CDs/DVDs are knowledge-based activities with UANs 0492-0000-20-031-H04-P and 0492-0000-20-031-H04-T. Initial Release Date: 01/01/2020. Planned Expiration Date: 01/01/2023. This program provides 6 hours (6 CEU). This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

**DENTAL PROFESSIONALS:** This program provides 6 CE hours. 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.

**PACE:** Institute for Brain Potential is a Nationally Approved PACE Program Provider for FAGD/MAGD credit. Approval does not imply acceptance by any regulatory authority or AGD endorsement. 12/01/18 to 11/30/24. Provider ID# 312413. AGD Subject Code: 557. Release Date: 01/01/20. Expiration Date: 01/01/23.

**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. Institute for Brain Potential is recognized by the New York State Education Department's State Board of Physical Therapy as an approved provider of physical therapy continuing education. This program is approved by Texas chapter of the American Physical Therapy Association (APTA). Approval Expires: 01/17/2022. This program provides 6 CE hours. The physical therapy boards in AK, AZ, DE, GA, ID, IN, KS, KY, MS, MO, NC, ND, RI, SC, OR, TN, UT, VA, WI, and WY accept courses approved by APTA chapters. This course meets the criteria for 6 contact hours of physical therapy continuing education in CT, IA, MO, MT, NE, NH, OR, and WA.

**MASSAGE THERAPISTS:** Institute for Brain Potential is approved as a CE provider 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, and by the Florida Board of Speech-Language Pathology and Audiology. CE credit for SLPs in Florida is available for only the interactive webcast of the program. This program provides 6 CE hours.

**ACUPUNCTURISTS:** This course is approved by the California Acupuncture Board, Provider Number 565, for 6 hours of Category 1 distance education credit. Please note that live credit is not available for this webcast.

**DIETITIANS:** Institute for Brain Potential is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR). CDR Credentialed Practitioners will receive 6 Continuing Professional Education units (CPEUs) for completion of this activity. Provider Number: BP001. CPE Level: I. Suggested Learning Codes: 2090, 5420, and 6010. CDR-approved credit is available for only the interactive webcast of the program.

**RESPIRATORY CARE PROFESSIONALS:** RCPs in New York receive 6 hours of Category III credit through the ANCC. Institute for Brain Potential is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation (ANCC). Institute for Brain Potential is approved by the California Board of Registered Nursing (CA BRN), Provider #CEP13896, to provide continuing education. Programs offered by the CA BRN approved providers of CE are accepted by the Respiratory Care Board of California.

**EDUCATORS:** Participants completing this program will receive 7.5 clock hours of professional development credit through a cosponsorship agreement between Alliant International University and Institute for Brain Potential. 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.

**COLLEGE EDUCATED PUBLIC:** This program is recommended for individuals who wish to add to their personal and professional knowledge and to improve their health and wellbeing. Participants will receive a certificate of completion for 6 hours.



# CHANGING HOW WE FEEL BY CHANGING WHAT WE EAT

## A 6-Hour Program for Health Professionals

**Interactive Webcast Schedule:** The date of the interactive webcast is Thursday, October 7, 2021, 9 AM, Eastern Daylight Time. Sign-in: 8:30 – 9 AM, program starts: 9 AM, lunch break: 11:30 AM, online Q & A: 12 – 12:30 PM, lecture resumes: 12:30 PM, adjournment: 4 PM. Please register early and sign in 30 minutes before the time of the webcast.

**On-Demand Webcast Schedule:** You may view the program in segments at your convenience from Tuesday, October 12, 2021 until Friday, November 12, 2021. Registrants who sign up for the interactive webcast may elect to take the on-demand webcast.

**Home Study Schedule:** You may listen to or view the recorded lecture at your convenience until the expiration date: January 1, 2023.

**Confirmation Notices and Certificates of Completion:** Registration confirmations, certificates of completion, evaluation forms, and posttests are emailed or mailed. Please attend even if you do not receive a confirmation. Successful completion includes: 1) Participating in the interactive webcast, viewing the on-demand webcast or DVD recording, or listening to the CD recording, 2) Submission of the evaluation form and post-test by email or mail, and 3) Receiving a passing score of 70% on the post-test. You may retake the exam without penalty or fee. No partial credit will be given.

**Transfers and Cancellations:** Registrants wishing to transfer or cancel have four options: 1) Transfer to alternate date of the webcast, 2) Transfer to another scheduled webcast, 3) Receive a full-value voucher good for one year for any live or recorded program, or 4) Obtain a full refund minus a \$15 fee by submitting a refund request in writing or by email at [refund@ibpceu.com](mailto:refund@ibpceu.com).

**24/7 Customer Service:** Call (888) 202-2938 to ask about course content, instructors, corrections, grading, problem resolution, provide comments, request disability accommodations, submit a formal grievance, or remove your name from a list. To view detailed agenda for the webcast and system requirements to participate in the program, visit: [www.ibpceu.com/info/cfei.pdf](http://www.ibpceu.com/info/cfei.pdf)

**Institute for Brain Potential:** 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.

# CHANGING HOW WE FEEL BY CHANGING WHAT WE EAT

## FREQUENTLY ASKED QUESTIONS

**Q: Is there a way to enjoy this seminar without being at my computer for 6 hours? What if I am not free on October 7, the date of the broadcast?**

Yes! First, register for the program. You will receive a link to view the program starting October 12 until November 12. The program will be divided into four segments of approximately 75 minutes for user-friendly viewing.

**Q: What if I have technical issues getting and staying connected, difficulty seeing the slides, or hearing the speaker?**

We have an expert videographer to capture the sound and slides. We will make copies of the outline available to the participants. Further, in the unlikely event that you have connection problems, IBP will provide registrants with a free set of 4 CDs or DVDs of the entire program.

**Q: I'd like to view the program and receive credit but without watching the live program or downloading it and still receive continuing education credit. Can I do this?**

Yes! The cost of the DVD or CD set will be the same as the cost of the live program. Register now, let the operator know you will want the CD or DVD set (specify which), and make sure your profession is included in our online brochure.

**Q: Can I attend this program live?**

Yes, but only if you live in a city where IBP is currently presenting this seminar.

**Q: My profession is not included on the brochure. Can I receive continuing education credit?**

Maybe. Please contact our customer service at (888) 202-2938.

**Q: How long does it usually take to receive a certificate of completion?**

Typically, within 3 or 4 business days.

*Learn how foods affect hormones underlying anxiety, mood, appetite, and sleep.*

*Emphasis is placed on the role of chronic inflammation and health benefits of anti-inflammatory nutrients.*

*Participants completing the program should be able to identify the role of chronic inflammation and diet as related to disorders of:*

1. Anxiety
2. Mood
3. Appetite
4. Sleep

## Psychological Stress and Protective Nutrients

- **Cortisol:** the adrenal hormone most associated with chronic stress, is triggered by higher brain centers as the result of seemingly uncontrollable and unpredictable events.
- **Inflammation:** psychological stress, anxiety, mood, appetite, fatigue, and sleep are influenced by cortisol.
- **Immune System, Stress and Inflammation:** chronic inflammation of the brain, gums, arteries, immune system, and GI tract.
- **Anti-Inflammatory Foods:** a fact check on flavonoids, omega 3s, 6s, and 9s, and fish consumption, grape products, ginger, chili, garlic, onion, and curcumin.
- **COVID-19: fever within safe limits is adaptive; potential adverse effects of NSAIDs and corticosteroids.**

## Appetite

- **Psychological Stress and Cortisol:** how cortisol can increase blood sugar, inflammation and appetite.
- **Appetite-Regulating Foods:** resistant starches, plant-based protein, low-glycemic load sources of carbohydrates that influence serotonin, and fats that influence dopamine.
- **Anti-Inflammatory Foods:** the benefits of combining anti-inflammatory and appetite-suppressing foods.
- **Habit Formation:** training the brain to restrain impulse control via the prefrontal cortex to improve reward appraisal, social influence, and motivation.

## Generalized Anxiety and Related Disorders

- **Gut Bacteria Contribute to Anxiety and Anxiety-Depression:** GI inflammation communicates with the brain by synthesizing a majority of neurotransmitters; GI inflammation can produce anxiety and depression through pro-inflammatory cytokines that reach the brain.
- **Anxiety:** nutrients that worsen GAD, PTSD, and panic; how helpful are L-theanine, valerian, kava, passion flower, ginkgo biloba—a fact check.
- **Anti-Anxiety Effects of a Plant-Based Diet:** eating more fruit and vegetables can increase psychological well-being in several weeks.

## Mood

- **Altered Brain/Altered Mood:** how elevated cortisol due to chronic stress affects brain function in major depression; the role of oxidative stress.
- **Treating Sadness and Depression:** anti-inflammatory properties of antidepressants.
- **Neuroprotective Foods that Improve Mood:** marine sources of omega 3; precursors (flax, hemp, walnuts), olive oil and avocado oil.
- **The Pros and Cons of Probiotics:** the gut-brain axis and evidence-based guidelines.

## Energy, Sleep, and Aging

- **Insomnia:** restorative sleep removes inflammatory neurotoxins including beta amyloid and tau from the brain; sleep loss impairs clearance of toxins, and increases the risk of hypertension, weight gain, diabetes, stroke, and Alzheimer's Disease.
- **Nutrition and Sleep:** melatonin and time of sleep onset; the regular timing and content of meals helps set circadian rhythms and increases stage 4 (restorative) sleep as much as exposure to light!
- **Foods that Improve Sleep:** tryptophan, serotonin and the onset of slow wave sleep; selected lipids, orexin, and depth of sleep; low-glycemic snacks that help relaxation while maintaining healthy blood glucose.
- **Nutrients and the Aging Brain:** blueberries, olive oil, fatty fresh water fish, moderate use of alcohol; curcumin can reduce neuroinflammation and is neuroprotective.
- **Nutrients and COVID-19:** multiple in vitro studies indicate that quercetin, catechins in tea, and zinc, can inhibit viral docking and replication.

## ABOUT THE INSTRUCTOR



*Lisa E. Goehler, Ph.D. (University of Virginia), a neuroscientist, is recognized for her discovery that GI inflammation produces disorders of anxiety and mood.*

*An outstanding and informative speaker, Dr. Goehler has developed and taught national training programs including the Gut-Brain, Who Gets Sick and Who Stays Well: Microbes, and Mind-Body Interactions and the Stress-Inflammation Connection. She presents practical discoveries to health professionals with enthusiasm, clarity, and warmth. Dr. Goehler will answer your questions in class, during the second half of the lunch break and by email after adjournment.*