

**MUSKEGON, MI** Monday, April 17  
DELTA HOTELS BY MARRIOTT MUSKEGON CONVENTION CENTER  
939 Third St, 49440. (231) 722-0100

**GRAND RAPIDS, MI** Tuesday, April 18  
SHERATON GRAND RAPIDS AIRPORT, 5700 28th St SE, 49546. (616) 957-1770

**MOUNT PLEASANT, MI** Wednesday, April 19  
SOARING EAGLE CASINO AND RESORT, 6800 Soaring Eagle Blvd, 48858  
(989) 775-5777

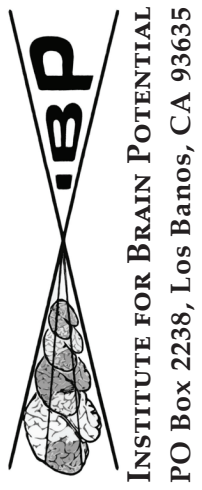
**BAY HARBOR, MI** Thursday, April 20  
VILLAGE SUITES BAY HARBOR, 4160 Main St, 49770. (231) 439-2400

**TRAVERSE CITY, MI** Friday, April 21  
PARK PLACE HOTEL AND CONFERENCE CENTER, 300 E State St, 49684  
(231) 946-5000

**SAGINAW, MI** Wednesday, May 10  
FOUR POINTS BY SHERATON, 4960 Towne Centre Rd, 48604. (989) 790-5050



PLEASE POST



## CHANGING HOW WE FEEL BY CHANGING WHAT WE EAT

MUSKEGON: Monday, April 17  
GRAND RAPIDS: Tuesday, April 18  
MOUNT PLEASANT: Wednesday, April 19  
BAY HARBOR: Thursday, April 20  
TRAVERSE CITY: Friday, April 21  
SAGINAW: Wednesday, May 10

**Topics Include:**

- Stress and Inflammation
- Appetite, Anxiety, and Mood
- Memory, Energy, and Sleep

A New 6-Hour Program, Spring, 2023: \$89

## CHANGING HOW WE FEEL BY CHANGING WHAT WE EAT

LIVE SEMINAR (✓ONE)

- Muskegon, Apr 17     Grand Rapids, Apr 18     Mount Pleasant, Apr 19  
 Bay Harbor, Apr 20     Traverse City, Apr 21     Saginaw, May 10

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

- \$89 Individual Rate  
 \$84 Group Rate (3 or More Persons Registering Together)  
    \$99 On-Site Registration (if space is available)  
 \$39 \$35 *Food For Thought: Changing How We Feel By Changing How We Eat*  
(2023) (344 pages) — a highly practical neuroscience-based text that  
presents how making informed decisions about diet can help manage  
inflammation, stress, mood, and anxiety. 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 \_\_\_\_\_



## CHANGING HOW WE FEEL BY CHANGING WHAT WE EAT

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 a seminar cannot be held (e.g., unforeseeable Covid restrictions), 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/changing\\_eating.pdf](http://www.ibpceu.com/info/changing_eating.pdf)

### DEDICATED 24/7 CUSTOMER SERVICE

Call (888) 202-2938 or email [info@ibpceu.com](mailto:info@ibpceu.com) 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.

# CHANGING HOW WE FEEL BY CHANGING WHAT WE EAT



**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**. 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.



**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 CE clock hours.



**SOCIAL WORKERS:** 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.



**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 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). UAN#: 0492-0000-23-001-L04-P and 0492-0000-23-001-L04-T

**DENTAL PROFESSIONALS:** This program provides 6 hours of continuing education credit.



**PACE**  
ACADEMY of  
GENERAL DENTISTRY  
PROGRAM APPROVAL  
FOR CONTINUING  
EDUCATION

Institute for Brain Potential  
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.



**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 (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:** Institute for Brain Potential is approved as a provider of physical therapy continuing education by the **Physical Therapy Board of California (PTBC)**. This program has been approved by the Texas chapter of the **American Physical Therapy Association (APTA)**. The **MI Board of Physical Therapy** accepts CE courses approved by APTA chapters or PT licensing boards of other states. This program provides 6 contact hours of CE.

**SPEECH-LANGUAGE PATHOLOGISTS:** This program has been approved by the **California Speech-Language Pathology & Audiology Board (SLPAB)** and the **Florida Board of Speech-Language Pathology and Audiology**. The **MI Board of Speech-Language Pathology** accepts courses approved by the SLP licensing boards of other states. This program provides 6 contact hours of CE credit.

**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 of Advanced Science credit. Visit <http://goo.gl/85i5wY> to learn about Advanced Science credit.

**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: I. Suggested Learning Codes: 2090, 5420, and 6010.

**ALLIED HEALTH PROFESSIONS:** Naturopathic Physicians, Veterinarians, Prosthetists, Orthotists, and Chiropractors receive a Certificate of Completion for this 6-hour program. Please contact your regulatory board to determine course approval.

**EDUCATORS:** Participants will receive a Certificate of Completion for 6 hours.

*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 this program should be able to:*

1. Describe how anxiety is affected by inflammation and diet.
2. State how mood is affected by inflammation and diet.
3. Discuss how appetite is affected by inflammation and diet.
4. Review how sleep is affected by inflammation and diet.

## Psychological Stress and Protective Nutrients

- **Cortisol:** the adrenal hormone most associated with chronic stress is triggered by the 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.

## Appetite

- **Psychological Stress and Cortisol:** how cortisol can regulate blood sugar, inflammation and appetite.
- **Appetite-Regulating Foods:** resistant starches, plant-based protein, low-glycemic load 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 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 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:** blue-berries, olive oil, fatty fresh water fish, moderate use of alcohol; curcumin can reduce neuroinflammation and is neuroprotective.

## ABOUT THE INSTRUCTOR

*Angelo Pezzote, PharmD, MA, BCPP, RPh, LMHC, LPCC, LMFT, is a Board Certified Pharmacist, a member of the College of Psychiatric and Neurologic Pharmacists, has an extensive background in the behavioral health sciences. He provides specialized information to health professionals that go beyond the topics listed in the brochure to include lifestyle factors that have an impact on emotions and eating habits.*

*An outstanding and informative speaker, Dr. Pezzote has appeared on CBS News, Montel, E!, and radio programs. Dr. Pezzote has taught continuing education programs to thousands of health professionals. Participants highly recommend his practical and entertaining programs, unique personalized approach, and special ability to communicate practical discoveries with clarity and warmth. Dr. Pezzote will answer your questions in class, during the second half of the lunch break and by email after adjournment.*