

PALO ALTO, CA Saturday, March 25
HAYMARKET THEATER, 50 Embarcadero Rd, 94301. (650) 354-8220
Located across from Town and Country Shopping Center

BERKELEY, CA Monday, March 27
BERKELEY REPERTORY THEATRE - RODA THEATRE
2015 Addison St, 94704. (510) 647-2957
Parking: \$15 early bird before 8:00 AM at the Allston Way Garage.

CONCORD, CA Tuesday, March 28
CONCORD PLAZA HOTEL, 45 John Glenn Dr, 94520. (925) 825-7700
Parking: Discounted validated parking is \$8

SAN RAFAEL, CA Thursday, March 30
EMBASSY SUITES BY HILTON-SAN RAFAEL MARIN COUNTY
101 McInnis Pkwy, 94903. (415) 499-9222

SANTA ROSA, CA Friday, March 31
GLASER CENTER, 547 Mendocino Ave, 95401. (707) 568-5381
Parking: \$0.50 per hour/maximum \$8

UNDERSTANDING THE GUT BRAIN: STRESS, APPETITE, DIGESTION, AND MOOD

LIVE SEMINAR (✓ONE)

- Palo Alto, Mar 25 Berkeley, Mar 27 Concord, Mar 28
 San Rafael, Mar 30 Santa Rosa, Mar 31

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
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

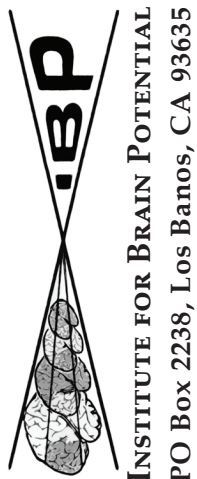
All major credit cards are accepted:

Card # _____ Exp Date _____ / _____

Signature _____



PLEASE POST



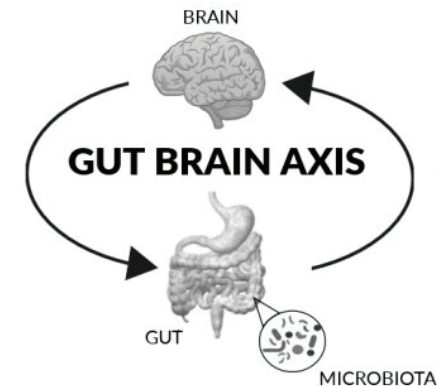
UNDERSTANDING THE GUT BRAIN: STRESS, APPETITE, DIGESTION, AND MOOD

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Topics Include:

- Reducing Inflammation
- Managing Appetite
- Probiotics

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



UNDERSTANDING THE GUT BRAIN: STRESS, APPETITE, DIGESTION, AND MOOD

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.

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/gut_brain.pdf

DEDICATED 24/7 CUSTOMER SERVICE

Call (888) 202-2938 or email 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.

UNDERSTANDING THE GUT BRAIN: STRESS, APPETITE, DIGESTION, AND MOOD



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 the **CA Board of Registered Nursing**, Provider #CEP13896. This program provides 6 contact hours.

PSYCHOLOGISTS, COUNSELORS, SOCIAL WORKERS, AND MFTs: 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 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.

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.

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). UANs: 0492-0000-20-062-L04-P and 0492-0000-20-062-L04-T

DENTAL PROFESSIONALS: 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 CA**.

PACE 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.
ACD 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: Occupational Therapy Process (Outcomes).

NURSING HOME ADMINISTRATORS: This program is pending approval by the **California Nursing Home Administrator Program (NHAP)** for 6 CE hours.

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 provides 6 contact hours of CE.

SPEECH-LANGUAGE PATHOLOGISTS: Institute for Brain Potential is approved as a CE provider by **California Speech-Language Pathology & Audiology Board (SLPAB)**, #PDP247. 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.

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.

ACUPUNCTURISTS: This course is pending approval by the **California Acupuncture Board**, Provider Number 565, for 6 hours of Category 1 continuing education.

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: 3080, 5120, and 5320.

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: educators in CA can earn 7.5 PGs for successfully completing this program.

The enteric nervous system, the gut brain, plays a pivotal role in regulating inflammation, stress, metabolism, appetite, and mood.

Participants completing this program should be able to:

1. Describe key functions of the gut brain.
2. List several ways the gut brain regulates appetite.
3. Identify how stress contributes to digestive disorders.
4. Describe how inflammation of the gut can affect mood and anxiety.
5. List several disorders that can be effectively treated with probiotics.

The Gut Brain: The Mind-Body Connection

- **The Hidden Brain:** the enteric nervous system includes the esophagus, stomach, pancreas, and GI tract; how the gut brain communicates with the central nervous system.
- **Inflammation:** the link between chronic stress, cortisol and chronic GI inflammation.
- **Listening to the Gut:** the language of the gut brain includes sensations involving digestion, appetite, anxiety and mood.

Stress, Appetite, and the Gut Brain

- **“Starvation” Response:** the gut brain interprets caloric restriction as food scarcity and stress as impending famine.
- **Diet, Chronic Stress and Cortisol:** dieting increases cortisol and ghrelin, a key appetite-stimulating hormone.
- **Leptin:** full but not fulfilling; a key appetite-suppressing stomach hormone; adverse effects of leptin resistance.
- **Pre-Diabetes and Diabetes:** leptin- and insulin- resistance; abnormal bacterial strains in diabetics.
- **Ghrelin: Fulfilling but Not Filling:** ghrelin, a stomach hormone, stimulates dopamine and can enhance short-term memory, and opiate receptors in the stomach to make food more rewarding, more memorable, and less filling.
- **Foods that Inhibit Ghrelin and Suppress Appetite:** fiber (e.g. apples and pears), flax oil, omega-3s, eggs, seeds and nuts; outsmarting ghrelin with small, low glycemic meals.

Stress and Digestive Disorders

- **Stress and the GI Tract:** chronic stress increases the diversity and number of harmful bacteria in the GI tract.
- **Inflamed Gut—Inflamed Brain:** inflammatory cytokines in the blood reach the prefrontal cortex and hippocampus; role in generalized anxiety and persistent depression.
- **IBS:** chronic stress inhibits the upper intestine, stimulates lower intestine; bacterial overgrowth, inflammation and autoimmunity.
- **Food Allergies:** gut histamine and allergic reactions to proteins in egg, milk, peanut, tree nuts, shellfish and wheat; celiac disease and sensitivity, the role of gluten; is there a link between autism and GI disorders?
- **GERD:** reflux and dental erosion, obesity, sleep apnea and COPD; foods that trigger reflux and heartburn; side effects of protein pump inhibitors; complementary meds., e.g., licorice.

- **Inflammatory Bowel Disorders:** Crohn’s and Ulcerative Colitis: symptoms and treatments; how stress affects relapse.
- **Nutritional Approaches:** Resveratrol and Quercetin in grapes; Curcumin in curry; Capsaicin in chili; Gingerol in ginger; nutrients that inhibit cortisol and reduce stress.

Mood and Anxiety Disorders

- **Inflammatory Effects of White Adipose Cells:** cytokines trigger the release of stress-related cortisol by targeting the prefrontal cortex and hippocampus; role in anxiety and depression; benefits of brown fat.
- **Inflammation, Antidepressants and the GI Tract:** indications and adverse effects; antidepressants that act as anti-inflammatory drugs; dietary fish versus omega 3s.

Understanding and Using Probiotics

- **Probiotics:** composed of live organisms, they help the growth of healthful bacterial strains; bacterial strains linked to anxiety.
- **Immune Disorders:** probiotic bacterial strains that reduce inflammation and allergy-specific antibodies.
- **GI Tract Disorders:** Lactobacillus acidophilus, Bifidobacteria and others are indicated for IBS, irregularity and diarrhea, celiac disease, and inflammatory bowel disorders.
- **Stress-Related Disorders:** harmful bacterial strains, linked to heart disease and stroke; probiotics that can reduce cortisol.
- **Oral and Sinus Health:** reducing levels of three pathogens, e.g., L. Reuteri inhibits plaque formation and gum bleeding.
- **Prebiotics:** strains of bacteria that support the GI tract; foods rich in prebiotics are fermented by the gut microbiota.
- **Evidence-Based Guidelines:** selecting foods that are rich in probiotics; guidelines for purchasing prebiotics and probiotics.

ABOUT THE INSTRUCTOR



Christopher A. Lowry, Ph.D. is an expert in the study of stress, emotions, and the gut-brain connection. He is Associate Professor, Department of Integrative Physiology and Center for Neuroscience, University of Colorado Boulder. Dr. Lowry has received awards for his study of how anxiety disorders, mood disorders, and trauma- and stressor-related disorders such as posttraumatic stress disorder (PTSD) are related to inflammation of the GI tract and interventions that

can improve regulation of serotonin, the immune system and stress-related disorders.

Dr. Lowry is an excellent speaker. He received the esteemed Faculty Achievement Award from the University of Colorado Boulder. Students and health professionals attending his programs appreciate his ability to translate practical scientific discoveries with clarity and thoughtful consideration of the concerns of his audience. In addition to Q & A sessions in class, Dr. Lowry answers questions during the second half of the lunch break and by email after the program concludes.