The Immune System: The Mind-Body Connection
Who Gets Sick And Who Stays Well

A New 6-Hour Seminar for Health Professionals

Institute for Brain Potential
PO Box 2238, Los Banos, CA 93635

Schedule: Check in: 8:15-9 AM, program starts: 9 AM, lunch (on own): 11:30 AM, Q&A and discussion with instructor: 12:30 PM, adjournment: 4 PM.

Please register early and arrive before the start time. Space is limited.

Complimentary parking is available unless otherwise noted.

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Overview of Immune System

- **Antigens:** the invading “enemy” how the immune system recognizes bacteria and viruses.
- **Macrophages:** “monster” cells that patrol and seize antigens and signal their presence.
- **Helper T-cells:** directing activities of macrophages and the proliferation of T- and B-cells.
- **Natural Killer Cells:** “ruthless destroyers” of cancerous and infected cells.
- **B-cells:** formation of antibodies with the special ability to fight bacterial infections.
- **Antibodies:** specialized proteins that neutralize the “enemy” or target it for attack by other cells or chemicals.
- **Interferons:** natural defense responsible for cancer.
- **Cytokines:** and other inflammatory masterminds, pro- and anti-inflammatory immune cells; markers of chronic inflammation—who should be tested?

Chronic Inflammation: Mind-Body Interactions

- **The Silent Epidemic:** what amyloid plaque, arterial plaque, and dental plaque have in common; chronic inflammatory disorders of the lungs, kidneys, joints, bones, and skin.
- **Chronic Psychological Stress:** immune suppression and inflammation; stress hormones (e.g., cortisol) and neurotransmitters (e.g., norepinephrine); adaptive versus maladaptive responses to stress (e.g., giving up).
- **Sleep Loss and Fatigue:** impairment of mood, appetite, and inflammation; chronic fatigue and the immune system.
- **Stress-Related Eating:** the role of emotional suppression, hostility, depression, and the development of mid-line weight gain, inflammatory cytokines, insulin resistance, hypertension, and coronary artery disease.
- **Periodontal Disease:** the link between periodontitis, inflammatory cytokines, and the development of hypertension, coronary artery disease, diabetes, and rheumatoid disease; stress and oral wound healing.
- **Stress, the Aging Immune System and Cancer:** how chronic stress in caregivers shortens the lifespan of white blood cells; the role of stress in tumor metastasis.
- **Alzheimer’s Disease:** amyloid and chronic cerebral inflammation; obesity and diabetes as risk factors; the role of anti-inflammatory drugs.
- **Mood Disorders - A New Understanding:** inflammation can produce and also be an effect of mood disorders; key implications for treatment and prevention.

Who Stays Well

- **Anti-Inflammatory Nutrients:** pro- and anti-inflammatory proteins, fruits, vegetables, starches, and fats; omega-3 and -6 fatty acids; resveratrol and related compounds; fish and the prevention of depression.
- **Regular Physical Activity:** activities that enhance endurance, strength, and flexibility and reduce chronic inflammation; the dose response of exercise—how much, how often, how intense?
- **Depression Resistance:** seeing challenges as temporary, solvable and irreversible.
- **The Type-B Personality:** replac[ing hostility and urgency, loneliness and isolation; the prototypic effect of close friends and family.
- **Emotional Resilience:** adaptively responding to thoughts that could trigger immune suppression; how thoughts influence physiology, the importance of expectation and the perception of control.
- **Mindfulness:** ability to separate oneself from ongoing aversive states; ancient Buddhism meets modern neuroscience.
- **Optimism and Positive Affect:** acquired optimism, positive expectations; reduction of immune symptoms and need for analgesics. (framing and the healing power of beliefs that are life supporting, mood enhancing, and meaning infusing; review findings.)

About the Instructor

Nick R.S. Hall, Ph.D. (University of South Florida), a neurobiologist, is internationally recognized for his pioneering contributions to the study of stress, emotions, and the immune system. He is the author of numerous scientific publications and texts concerning mind-body interactions and disease. Dr. Hall hosts a national conference in the fall with the University of South Florida on Psychoneuroimmunology, in which leading researchers present how emotions, stress, fatigue, and depression influence who gets sick and who stays well. Dr. Hall’s research has been featured on 60 Minutes, the BBC Nova series, and the PBS series, Healing and the Mind.

A remarkable speaker, health professionals highly recommend his seminars for his special ability to present practical discoveries with clarity, warmth and humor. In addition to Q & A sessions in class, Dr. Hall will answer your questions during the second half of the lunch break and by email after the program concludes.