This new program focuses on mind-body connections that affect inflammation including stress, sleep, physical activity and mood.

Emphasis is placed on nutrients that regulate inflammation related to cardio-metabolic disorders, allergies, asthma, autoimmune disorders, brain-related disorders, and on lifestyle prescriptions.

Participants completing this program should be able to identify nutrients that affect:
1. Chronic stress disorders and NSAIDs.
2. weight gain, hypertension, and diabetes.
3. allergies, asthma, periodontitis, and autoimmune disorders.
4. sleep, mood, cerebral vascular disease and Alzheimer’s disease.
5. habits designed to protect the aging body and brain.

Allergies, Asthma, Autoimmune Conditions

- Allergies: how nutrients inhibit the pro-inflammatory cytokines released by mast cells (e.g., IL-1, IL-6 and TNF-α) and allergy-reducing nutrients: curcumin, green tea, flax and fish oil.
- Food Allergies: histamine and allergy reactions to proteins in eggs, milk, peanuts, tree nuts, shellfish and wheat; celiac disease, inflammatory bowel disorders (Crohn’s disease), and gluten sensitivity; how to identify and eliminate dietary triggers.
- Asthma: identifying environmental triggers, foods and drugs; value of carotenoids, vitamins C, D, lycopene, and curcumin.
- Periodontal Disease: the most common chronic inflammation; potential links to cardiovascular disease and autoimmunity.
- Common Autoimmune Disorders: role of nutrients:
  - Thyroid disorders: thyroid-stimulating or inhibiting foods.
  - GI Tract: celiac disease, gluten sensitivity, IBS and probiotics.
  - Rheumatoid Arthritis: disease modifying drugs and foods.

Chronic Inflammation: The Mind-Body Connection

- Understanding Chronic Inflammation: acute inflammation is vital for healing and injury killing pathogens; why chronic inflammation occurs in a symptom of most chronic diseases.
- Acute Stress: how cortisol, a key adrenal hormone, is elevated in response to physical stressors or to psychological threat.
- Chronic Stress: how cortisol is suppressed and low grade chronic inflammation occurs in people with chronic pain, sleep disorders, mood disorders, PTSD, and in people who experience too little or too much or who eat indiscriminately or diet excessively.

- Corticosteroids: how they suppress inflammation; indications and adverse effects of prednisone and prednisolone.
- Stress-Related Nutrients: natural steroid-like effects of vitamin E, quercetin, licorice, curcumin and fish oil and marine and plant sterols.
- NSAIDs: how COX-2 inhibitors reduce inflammation and pain; indications and adverse effects of aspirin, indomethacin, ibuprofen and other NSAIDs.
- Anti-Inflammatory Nutrients: natural NSAID-like effects of omega-3s, fish oil, curcumin, and resveratrol.
- Nutrients That Regulate Inflammatory Messengers: each disorder of chronic inflammation has different inflammatory cytokines, e.g., TNF-α, IL-1, IL-6, IL-8, and GM-CSF.
- Antioxidants: how COX-2 inhibitors reduce inflammation and pain; indications and adverse effects of aspirin, indomethacin, ibuprofen and other NSAIDs.
- Anti-Inflammatory Nutrients: natural NSAID-like effects of omega-3s, fish oil, curcumin, and resveratrol.

Cardio-Metabolic Inflammation & Stress

- The Stress Connection: increased appetite for calorie-dense foods, and development of abdominal obesity and stress-related fat.
- Metabolic Syndrome: cortisol resistance and inflammation, leptin resistance and high blood pressure, insulin resistance.
- Prediabetes and Diabetes: pancreatic and liver inflammation; benefits of frequent, small low-calorie meals and snacks to help relax and maintain low blood glucose during the next meal.
- Lifestyle Recommendations: exercise and proper nutrition.
- Managing Hypertension: benefits of garlic, CoQ10, magnesium, dark chocolate when combined with anti-inflammatory nutrients.
- Beneficial Dietary Fats: a healthy ratio of omega-3s (fish oil) and its components (e.g., EPA, DHA, ALA, CLA, GLA) vs. omega-6s and saturated fats (e.g. dairy).

Cortisol and Inflammation

- Effects of cortisol: how cortisol is elevated in response to physical stressors or to psychological threat.
- Adrenal Glands: how cortisol, a key adrenal hormone, is elevated in response to physical stressors or to psychological threat.
- Corticosteroids: how they suppress inflammation; indications and adverse effects of prednisone and prednisolone.
- Cortisol and Stress: how cortisol is suppressed and low grade chronic inflammation occurs in people with chronic pain, sleep disorders, mood disorders, PTSD, and in people who experience too little or too much or who eat indiscriminately or diet excessively.
- Inflammation and Cortisol: how cortisol, a key adrenal hormone, is elevated in response to physical stressors or to psychological threat.
- Stress-Related Nutrients: natural steroid-like effects of vitamin E, quercetin, licorice, curcumin and fish oil and marine and plant sterols.
- NSAIDs: how COX-2 inhibitors reduce inflammation and pain; indications and adverse effects of aspirin, indomethacin, ibuprofen and other NSAIDs.
- Anti-Inflammatory Nutrients: natural NSAID-like effects of omega-3s, fish oil, curcumin, and resveratrol.
- Nutrients That Regulate Inflammatory Messengers: each disorder of chronic inflammation has different inflammatory cytokines, e.g., TNF-α, IL-1, IL-6, IL-8, and GM-CSF.
- Antioxidants: how COX-2 inhibitors reduce inflammation and pain; indications and adverse effects of aspirin, indomethacin, ibuprofen and other NSAIDs.
- Anti-Inflammatory Nutrients: natural NSAID-like effects of omega-3s, fish oil, curcumin, and resveratrol.

Brain

- Sleep: insomnia produces neuro-inflammatory and impairs clearance of amyloid; the use and misuse of melatonin, magnesium, kava and valerian; low glycemic, tranquil plant-based snacks that help relax.
- Mood: depression, hostility and anger are identified with inflammatory cytokines; how inflammation in the brain or body impairs mood regulation; anti-inflammatory effects of lifestyle changes and dietary interventions.
- Stroke: risks of atrial fibrillation, and ischemic and hemorrhagic strokes: aspirin, COX-2 inhibitors, fish oils, omega 6s and 9s.
- Alzheimer’s Prevention: the inflammatory nature of amyloid plaques and neurofibrillary tangles; effects of NSAIDs, vitamin E, and curcumin.
- Brain-Protective Fats: omega-3s: EPA, DHA and ALA that protect against loss of short-term memory in vulnerable hippocampus; neuroprotective effects of omega-3s.

Anti-Inflammatory Lifestyle Habits

- Neuroprotective Mindset: stress-resilient habits that protect the hippocampus against neurotoxic effect of cortisol and loss of short-term memory; the anti-inflammatory benefits of mindfulness.
- Physical Activity: how moderate, regular exercise stimulates anti-inflammatory cytokines.
- Sleep: key sleep-enhancing habits involve normalizing exposure to light, meal times, pre-sleep rituals and time in bed.
- Avoiding Inflammatory Foods: simple sugars, white flour, white potatoes, rice and processed foods tend to prevent inflammation and advanced glycation end products.
- Nutritional Strategies for the Aging Brain: natural sources of transparent, polysaturated and polyunsaturated fats: vitamin B complex, C, D, E, CoQ10, lipoic acid; cognitive-protecting nutrients including green tea, alcohol for brain and heart health.
- Anti-Inflammatory Recipes: selection of spices, polyphenols and other foods that reduce inflammatory cytokines specific to key disorders presented in class.
- Life-Extending Nutrients: key neuroprotective and longevity-enhancing elements in the Mediterranean and Okinawan diets.

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 textbooks on mood and stress disorders and disease. Dr. Hall hosts a national conference in the fall with the University of South Florida on Psychoneuroimmunology, in which leading researchers present their research on emotions, stress, fatigue, and depression influence who gets sick and who stays well. Dr. Hall’s research has been featured on 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.

Preventing and Managing Chronic Inflammation: Special Focus: Nutritional Interventions

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 (IBP, provider #1160, is approved as a provider for social work continuing education by the Academy of Certificate in Quality Cardiovascular Education (NCCT)). This program is 6 contact hours.

COUNSELORS & MARRIAGE FAMILY THERAPISTS: IBP, provider #6432, is an Approved Education Provider Program Provider Provider ID# 21539. This program is offered for 6 contact hours.

ADDITIONAL PROFESSIONALS: IBP is accredited by the NAADAC, the National Association for Addiction Treatment, to offer Approved Professional Education (APE) credit. The current term of approval extends from 12/01/10 – 11/30/14. Provider ID# 28674.

OCCUPATIONAL THERAPISTS: IBP is an approved provider of the American Occupational Therapy Association (AOTA), provider #N670. The assignment of AOTA CEUs does not imply endorsement of specific content, products, or clinical procedures by AOTA. This program is 6 contact hours.

RESPIRATORY CARE PROFESSIONALS: ICPS in NY receive 6 contact hours of Category III credit through IBP’s accreditation as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

PHYSICAL THERAPISTS: IBP is recognized by the New York State Education Department’s State Board of Physical Therapy as an approved provider of physical therapy and physical therapist assistant continuing education.

NURSING HOME ADMINISTRATORS: IBP is a Certified Source of professional continuing education with the NAB and has approved this program for 6 CE contact hours under its sponsorship agreement with NAB/NABCEP. State licensing boards, however, have final authority over the approval of specific programs.

CASE MANAGERS: This program has been submitted to The Commission for Case Manager Certification for approval. The Commission does not endorse specific content, products, or clinical procedures provided by this program.

DIETITIANS: IBP is a Continuing Professional Education (COPE) Accredited Provider with the Commission on Dietetic Registration (CDR). Registered dietitians and dietary technicians, registered will receive 6 continuing professional education units for completion of this program.

MASSAGE THERAPISTS: IBP is approved by the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) as a continuing education Approved Provider. #634200-09. This program is 6 contact hours.

EDUCATORS: IBP provides this 7.5 PDHs of professional development in NY and 25 CEUs of professional development in CT towards license renewal through a cosponsorship agreement between IBP and Alliant International University, a private, non-profit, independent university of the CGS Commission of Senior Colleges and Universities. Contact your school district if you need prior approval for this program.

Most of the content is about managing chronic inflammation, with a focus on how dietary and lifestyle changes can help reduce inflammation. There is a strong emphasis on the role of stress, sleep, and physical activity in inflammation. The program also covers specific nutrients that can help manage inflammatory conditions such as asthma, allergies, and autoimmune disorders. The instructor, Nick R.S. Hall, Ph.D., is well-regarded in the field of neuroimmunology and presents this information in an engaging and accessible manner.