

# INTERACTIVE WEBCAST

## WEDNESDAY, MARCH 20, 2019

### INTERACTIVE WEBCAST

Wednesday, March 20, 2019, 9 AM – 4 PM PDT

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

### ON-DEMAND WEBCAST

Monday, March 25, 2019 – Thursday, April 25, 2019

Participants interested in on-demand, self-study learning including continuing education credit may register to download the recording of the program from Monday, March 25, 2019 through Thursday, April 25, 2019. The program plus in-class exercises will be available in four convenient segments.

### HOME STUDY RECORDINGS

Valid for CE until July 20, 2020

You may listen to or view the recorded lecture at your convenience and earn home study credit. Expiration date: July 20, 2020

## THE PHARMACY IN YOUR KITCHEN: AN OVERVIEW OF MEDICAL AND MEDICINAL FOODS

✓one:

- Interactive Webcast with CE Credit: Wednesday, March 20, 2019
- On-Demand Webcast with CE Credit: March 25, 2019 – April 25, 2019

Purchase of Recordings with Home Study CE Credit: through July 20, 2020

- 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) \_\_\_\_\_

#### PRE-REGISTRATION

- \$79 Individual Rate
- \$74 Group Rate (3 or more persons registering together)
- \$89 On-Site Registration (if space is available)

#### FOUR WAYS TO REGISTER

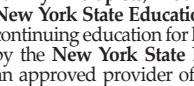
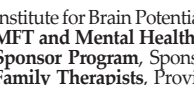
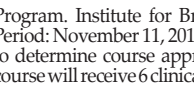
1. Internet: [www.ibpceu.com](http://www.ibpceu.com)
2. Mail: PO Box 2238, Los Banos, CA 93635  
(make check payable to IBP)
3. Fax: (877) 517-5222
4. Phone: (866) 652-7414 (open 24 hours a day, 7 days a week)

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 continuing nursing education 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 approved as a provider of continuing education by the **Florida Board of Psychology**. This course provides 6 hours of CE credit.

**COUNSELORS, SOCIAL WORKERS & MFTs:** Institute for Brain Potential, provider #1160, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) [www.aswb.org](http://www.aswb.org) through the Approved Continuing Education (ACE) Program. Institute for Brain Potential maintains responsibility for the program. ASWB Approval Period: November 11, 2017 – November 11, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6 clinical continuing education clock hours. 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), SW CPE 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 #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. 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. Content Level: Intermediate. Content Focus: Occupational Therapy Process (Outcomes). This course is approved by the **FL Board of Occupational Therapy** for 6 hours of credit.

**CHEMICAL DEPENDENCY PROFESSIONALS:** Institute for Brain Potential is approved by the **NAADAC Approved Education Provider Program**, Provider #102949. This program is 6 CEHs.

**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 0492-0000-17-028-L04-P and 0492-0000-17-028-L04-T. The on-demand webcast and home study CDs/DVDs are knowledge-based activities with UANs 0492-0000-17-043-H04-P and 0492-0000-17-043-H04-T. Initial Release Date: 07/20/2017. Planned Expiration Date: 07/20/2020. 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:** Institute for Brain Potential is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/18 – 11/30/24. Provider ID# 312413. This program provides 6 hours of CE credit. Subject Code: 557. Initial Release Date: 07/20/2017. Planned Expiration Date: 07/20/2020. 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**. This program is 6 CE hours.

**PHYSICAL THERAPISTS:** Institute for Brain Potential is approved by 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. This program is approved by the TX chapter of the **American Physical Therapy Association (IPTA)**, approval #63823TX. 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 webcast of the program. This program provides 6 CE hours.

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

**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: II. Suggested Learning Codes: 2070, 2100, 3079, and 3100. Activity Number: 120866. CDR-approved credit is available for only the 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.



## THE PHARMACY IN YOUR KITCHEN: AN OVERVIEW OF MEDICAL AND MEDICINAL FOODS

A 6-Hour Program for Health Professionals

**Interactive Webcast Schedule:** The date of the interactive webcast is Wednesday, March 20, 2019, 9 AM, Pacific Daylight Time. 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 Monday, March 25, 2019 until Thursday, April 25, 2019. Registrants who sign up for the live 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: July 20, 2020. Self-study credit is available for all California-licensed health professions listed on the brochure except dietitians and massage therapists.

**Group Registrations:** Rates apply for three or more pre-registered guests enrolling together. Please complete a separate registration form for each person. Members of a group can watch interactive or on-demand webcast, or order home study recordings on different dates.

**Confirmation Notices and Certificates of Completion:** We will confirm your registration by email or by letter. Please attend even if you do not receive a confirmation. Successful completion includes full attendance, submission of the evaluation form, and for home study credit, submission of the post-test. No partial credit will be given. Certificates of completion for the live seminar are provided at the time of adjournment, and for the interactive webcast, live webcast and on-demand webcast are provided by email upon receipt of the evaluation form and the post-test.

**Transfers and Cancellations:** Registrants can transfer to another live seminar or webcast if space is available. Registrants canceling up to 48 hours before a seminar or webcast can request a full refund less a \$15 processing fee or an audio CD or DVD recording of the program with the instructional outline for home study credit. Alternatively, a full-value voucher can be obtained good for one year for a future program. In the unlikely event that the program cannot be held (e.g., an act of God), registrants will receive free admission to a rescheduled program or a full-value voucher, good for one year, for a future program. All requests must be made in writing or online. No IBP program has ever been cancelled as the result of low attendance.

**24/7 Customer Service:** Call 888-202-2938 to ask about course content, instructors, request accommodations for disability, submit a formal grievance, or remove your name from a list. For other questions, call 866-652-7414.

**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.

# THE PHARMACY IN YOUR KITCHEN: AN OVERVIEW OF MEDICAL AND MEDICINAL FOODS

## 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 March 20, the date of the broadcast?**

Yes! First, register for the program. You will receive a link to view the program starting March 25 until April 25. 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.

*Medical foods are FDA-monitored foods specially formulated to meet the nutritional requirements of specific diseases. Medicinal foods include a variety of nutrients that are available without prescription.*

*In this 6-hour program, learn the composition of medical foods, medicinal foods, and the validity of claims made about their uses for treating disorders of attention and cognition, mood, pain, inflammation, metabolism, and sleep.*

*Participants completing this program should be able to identify the effectiveness of selected medical foods and medicinal foods for treating chronic or recurrent disorders of:*

- 1. Attention and cognition,*
- 2. Major depressive disorder and dysthymic disorder,*
- 3. Osteoarthritis, backache, headache or neuropathic pain,*
- 4. Low grade, chronic inflammation,*
- 5. Cardio-metabolic factors underlying type 2 diabetes, coronary artery disease and stroke,*
- 6. Initiating or maintaining sleep.*

## Attention and Cognition

- **Attention:** how effective is caffeine for ADHD alone, or in combination with psychostimulants?
- **Improving Focus:** effectiveness of caffeine and other ingredients in coffee beans: how the release of dopamine and norepinephrine enhances focus, e.g., coconut oil; "smart coffee."
- **Treating Cognitive Decline:** the composition and effectiveness of medical foods designed to improve memory and cognition including Axona® and Cerefolin NAC®.
- **Enhancing Cognition:** selected amino acids, berries, cocoa, curcumin, and omega-3 acids; "smart shakes."

## Depression

- **Deplin®:** L-methylfolate, a medical food containing the active form of vitamin B9, (folate), purported to elevate serotonin, norepinephrine and dopamine.
- **Omega-3 Fats:** linolenic acid, in leafy green vegetables and flaxseed, is the parent molecule of the omega-3s; role of EPA and DHA; benefits of fish oil.
- **SAMe (S-Adenosyl-L-methionine):** how effective as an antidepressant?
- **Neurotransmitters:** foods that elevate dopamine, norepinephrine and serotonin.

## Pain

- **Theramine™ for Chronic Pain and Low Back Pain:** amino acid precursors of neurotransmitters and flavonoids in cocoa and cinnamon.
- **Limbrel and Osteoarthritis:** benefits and risks.
- **Metanx® for Diabetic Neuropathy:** folate, vitamins B6 and B12.
- **NSAID-Enhancing Foods:** caffeine, ginger, turmeric, black willow, wintergreen; the COX2 inhibitory effects of sweet Bing cherries.
- **Corticosteroid-Enhancing Foods:** curcumin, vitamin E, licorice, and quercetin.

## Immune System

- **Inflammation:** constituents of fish oil promote the synthesis of anti-inflammatory messengers (e.g., cytokines) and reduce symptoms associated with chronic inflammation.
- **Periodontal Disease:** effectiveness of clove to reduce dentinal hypersensitivity; mint and gingivitis; antiplaque efficacy of pomegranate and turmeric.
- **Foods to Eliminate or Reduce:** pro-inflammatory glutens, refined carbohydrates, high fructose corn syrup, most foods elevating omega-6 fatty acids.
- **Pulmona™:** a medical food for the management of lung disease.
- **Probiotics and the GI-Tract:** how they compare with drugs to treat inflammatory and irritable bowel disorders.

## Cardio-Metabolic Disorders

- **Weight Control:** almonds, capsaicin, flaxseed, eggs, green coffee beans, green tea, apples and other pectin-containing foods.
- **App Trim®:** a medical food for the dietary management of metabolic syndrome.
- **Cholesterol:** almonds, chili, cocoa, garlic, ginger, and tomato.
- **Blood Glucose:** cinnamon, fenugreek seed, fish oil, garlic, and ginger.
- **Hypertension:** cocoa, fish oil, garlic, onion, sesame seed, and tomato.
- **Endothelial Function:** L-arginine supplementation.
- **Platelet Aggregation:** cayenne, curry, vitamin E, garlic, ginger, ginko, licorice, omega-3 fatty acids, selected fruits, and turmeric.
- **Coronary and Cerebral Arteries:** cocoa, curcumin, garlic and omega-3 fatty acids including fish oil.
- **Vascazen™:** a medical food consisting of a patented ratio of EPA to DHA, for the treatment of cardiovascular disease.

## Sleep

- **GABAdone™:** contains amino acids that elevate brain levels of serotonin and GABA, a neurotransmitter involved in sedative hypnotics.
- **SentraPM®:** amino acids and polyphenols for improving sleep and alleviating sleep-related disorders.
- **Tryptophan:** sleep-inducing effects of foods rich in tryptophan; how to combine tryptophan rich foods.
- **Melatonin:** the dark and light side of circadian rhythms; exposure to sunlight and nutritional sources of melatonin; potential adverse effects of melatonin supplementation.

## 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 and has an extensive background in the behavioral health sciences. He provides specialized information to health professionals concerning medical and medicinal foods.*

*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.*

*In addition to Q & A sessions in class, Dr. Pezzote will answer your questions during the second half of the lunch break and by email after the program concludes.*