

**BOLINGBROOK, IL**  
HOLIDAY INN HOTEL & SUITES BOLINGBROOK  
205 Remington Blvd, 60440. (630) 679-1600

Friday, September 15

**MERRILLVILLE, IN**  
HELLENIC CULTURAL CENTER, 8000 Madison St, 46410. (219) 718-1437

Wednesday, September 20

**MATTESON, IL**  
HOLIDAY INN CHICAGO MATTESON CONFERENCE CENTER  
500 Holiday Plaza Dr, 60443. (708) 747-3500

Thursday, September 21

**CHICAGO, IL**  
HOLIDAY INN CHICAGO-MART PLAZA RIVER NORTH, 350 West Mart Center Dr, 60654.  
(312) 836-5000. Parking: \$25. To arrive by public transportation, take the CTA Blue Line train to Clark/Lake station or Brown Line train to Merchandise Mart station.

Tuesday, September 26

**CRYSTAL LAKE, IL**  
HOLIDAY INN CHICAGO NW CRYSTAL LAKE CONVENTION CENTER  
800 S 11 Route 31, 60014. (815) 477-7000

Wednesday, September 27

**SKOKIE, IL**  
HOLIDAY INN CHICAGO NORTH SHORE, 5300 W Touhy Ave, 60077. (847) 679-8900

Thursday, September 28

**OAK BROOK, IL**  
CHICAGO MARRIOTT OAK BROOK HOTEL, 1401 W 22nd St, 60523. (630) 573-8555

Friday, September 29

Please do not contact venues except for driving instructions.  
Complimentary parking is available unless otherwise noted.

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

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|--|---|---|
| <input type="checkbox"/> Bolingbrook, Sep 15 | <input type="checkbox"/> Merrillville, Sep 20 | <input type="checkbox"/> Matteson, Sep 21 |
| <input type="checkbox"/> Chicago, Sep 26     | <input type="checkbox"/> Crystal Lake, Sep 27 | <input type="checkbox"/> Skokie, Sep 28   |
| <input type="checkbox"/> Oak Brook, Sep 29   |   |   |

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

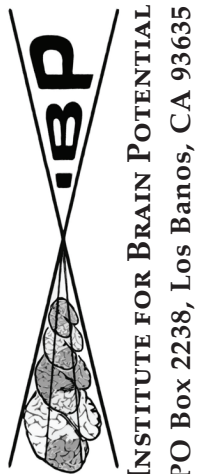
1. Internet: [www.ibpceu.com](http://www.ibpceu.com)
2. Mail: PO Box 2238, Los Banos, CA 93635  
(make check payable to IBP)
3. Fax: (877) 517-5222
4. Phone: (866) 652-7414 (open 24 hours a day, 7 days a week)

Purchase orders are accepted. IBP tax identification number: 77-0026830

All major credit cards accepted: \_\_\_\_\_ Type of card \_\_\_\_\_

Card # \_\_\_\_\_ Exp Date \_\_\_\_\_ / \_\_\_\_\_

Signature \_\_\_\_\_



PLEASE POST



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

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A New 6-Hour Seminar for Health Professionals, Fall, 2017 \$79

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

## A 6-Hour Seminar for Health Professionals

*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 new 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 dys-thymic 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.



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

**Group Registrations:** Rates apply for 3 or more pre-registered guests enrolling together. Please complete a separate registration form for each person. Members of a group can attend 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. Registrants are responsible for parking fees, if any. Successful completion includes full attendance and submission of the evaluation form. No partial credit will be given. Certificates of completion are provided at the time of adjournment.

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

**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:** We are the leading provider of accredited programs on the brain and behavioral sciences. Our non-profit organization (tax ID 77-0026830) has presented cost-effective, informative and practical seminars by outstanding speakers since 1984.

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

**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 is awarded "accreditation with distinction," the highest recognition awarded by the ANCC.

This program provides 6 contact hours for nurses.

**PSYCHOLOGISTS, COUNSELORS, SOCIAL WORKERS & MFTs:** Institute for Brain Potential is approved by the **American Psychological Association** to sponsor continuing education for psychologists. IBP maintains responsibility for this program and its content. This program provides 6 CE credits.



IBP, provider 1160, is approved as a provider for continuing education by the Association of Social Work Boards (ASWB), 400 South Ridge Parkway, Suite B, Culpeper, VA 22701. www.aswb.org. ASWB Approval Period: 11/11/2014 – 11/11/2017. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 clinical continuing education clock hours for participating in this intermediate-level course.

IBP is an **IL Department of Professional Regulation** Approved CE Sponsor for marriage and family therapists, #168.000183. This program provides 6 clock hours.

**SUBSTANCE ABUSE PROFESSIONALS:** IBP is approved by the **NAADAC** Approved Education Provider Program, Provider #102949. This program provides 6 continuing education hours (CEHs).



**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: 0492-0000-17-028-L04-P and 0492-0000-17-028-L04-T



**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 12/01/14 – 11/30/18. Provider ID# 312413. Subject Code: 557. This program is 6 CE hours.



**OCCUPATIONAL THERAPISTS:** IBP 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:** IBP 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:** IBP is approved as a provider of physical therapy continuing education by the **IL Department of Professional Regulation**, Sponsor #216.000210. The **Indiana Physical Therapy Committee** accepts courses from the providers approved by the PT licensing boards of other states. This program is 6 contact hours.

**SPEECH-LANGUAGE PATHOLOGISTS:** IBP is approved as a provider of CE by **CA Speech-Language Pathology & Audiology Board (SLPAB)**, #PDP247, by **FL Board of Speech-Language Pathology and Audiology**, and by **KS Department of Health and Environment**, Provider# LTS 51271. This program is designed to be relevant to speech-language pathologists. Participants will receive a certificate of completion for participating in this 6 hour program.

**MASSAGE THERAPISTS:** Institute for Brain Potential is an **IL Department of Professional Regulation** Approved CE Sponsor for massage therapists, #245000045. The program provides 6 CE hours. IBP 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/85iSwY> to learn about Advanced Science credit.

**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.

**DIETITIANS:** IBP is an **IL Department of Professional Regulation** Approved CE Sponsor for LDNs, #199.000112. 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: 2070, 2100, 3079, and 3100.

**EDUCATORS:** This program provides 7.5 PDUs of professional development in IL and 7.5 PGPs of professional development toward license renewal in IN through a cosponsorship agreement between IBP and Alliant International University, a regionally accredited institution by the Accrediting Commission for Senior Colleges and Universities. Contact your school district if you need prior approval.

## 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 anti-depressant?
- **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 synthesis of anti-inflammatory messengers (e.g., cytokines) and reduce symptoms associated with chronic inflammation.
- **Periodontal Disease:** effectiveness of clove to reduce dentin 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, ginkgo, 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.
- **Senra PM®:** 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

*Michael E. Lara, M.D., a clinical neuroscientist, was educated at Harvard, UCLA and Stanford. Dr. Lara is recognized for his evidence-based approaches to treating the whole person including lifestyle prescriptions that incorporate the role of nutrition and exercise. Dr. Lara maintains a private medical practice in Belmont, CA and is board-certified in Psychiatry and Neurology.*

*An outstanding, insightful and inspiring presenter, Dr. Lara speaks frequently at health-related conferences throughout North America. Health professionals commend his masterful presentations for communicating key discoveries and practical strategies with clarity, compassion and wisdom. In addition to Q&A in class, Dr. Lara will answer your questions during the second half of the lunch break.*