

GRANTVILLE, PA
HOLIDAY INN HARRISBURG-HERSHEY HOTEL
604 Station Rd, 17028. (717) 469-0661

Friday, April 20

LANCASTER, PA
FARM AND HOME CENTER
1383 Arcadia Rd, 17601. (717) 392-4911

Tuesday, May 1

EXTON, PA
CLARION HOTEL & CONFERENCE CENTER
815 N Pottstown Pike, 19341. (610) 363-1100

Wednesday, May 2

ALLENTOWN, PA
THE PALACE CENTER
623 Hanover Ave, 18109. (610) 776-2888

Thursday, May 3

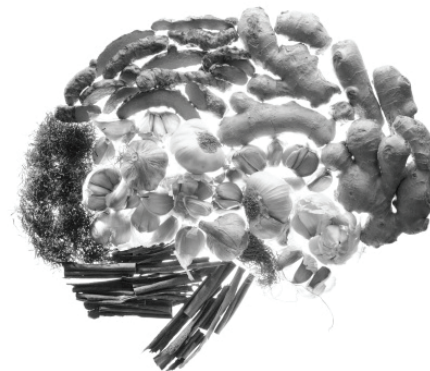
TREVOSE, PA
RADISSON HOTEL PHILADELPHIA NORTHEAST
2400 Old Lincoln Hwy, 19053. (215) 638-8300

Friday, May 4

READING, PA
CROWNE PLAZA READING
1741 Papermill Rd, 19610. (610) 376-3811

Tuesday, May 15

NON-PROFIT
U.S. POSTAGE
PAID
LOS ALTOS, CA
PERMIT #131



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

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 program for up to a year, or 3) Request a tuition refund minus a \$15 fee. Refund requests should be made in writing or by e-mail at refund@ibpceu.com.

Rescheduling: In the rare event (less than 1%) a seminar cannot be held (e.g., inclement weather), 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/medical_foods.pdf

DEDICATED CUSTOMER SERVICE

Call (888) 202-2938 to inquire about course content or instructors, request disability accommodations, or submit a formal grievance. To register, call (866) 652-7414.

THE IBP EXPERIENCE

Our non-profit organization (tax ID 77-0026830) has presented informative and practical seminars by great speakers since 1984. 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

LIVE SEMINAR (✓ ONE)

- | | | |
|---|---|--|
| <input type="checkbox"/> Grantville, Apr 20 | <input type="checkbox"/> Lancaster, May 1 | <input type="checkbox"/> Exton, May 2 |
| <input type="checkbox"/> Allentown, May 3 | <input type="checkbox"/> Trevoese, May 4 | <input type="checkbox"/> Reading, May 15 |

UNABLE TO ATTEND?

PURCHASE RECORDINGS WITH HOME STUDY CE CREDIT (✓ ONE)

- | | | |
|------------------------------|-------------------------------|---------------------------------|
| <input type="checkbox"/> CDs | <input type="checkbox"/> DVDs | <input type="checkbox"/> Online |
|------------------------------|-------------------------------|---------------------------------|

Name (PLEASE PRINT) _____

Home Address _____

City/State _____, Zip _____

Work Phone (____) _____ Home Phone (____) _____

Email _____

Profession(s) _____

TUITION

- \$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
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)

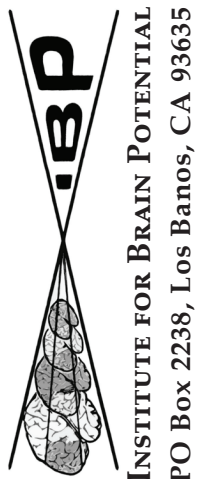
Purchase orders are accepted. IBP tax identification number: 77-0026830

All major credit cards are accepted:

Card # _____ Exp Date _____ / _____

Signature _____

PLEASE POST



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

GRANTVILLE: Friday, April 20
LANCASTER: Tuesday, May 1
EXTON: Wednesday, May 2
ALLENTOWN: Thursday, May 3
TREVOSE: Friday, May 4
READING: Tuesday, May 15

Topics Include:

- Attention • Cognition • Depression
- Inflammation • Appetite • Sleep
- Treating Cognitive Decline

A New 6-Hour Program, Spring, 2018: \$79

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**. This program provides 6 contact hours for nurses.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS, & 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 is 6 CE credits.



ACE Institute for Brain Potential, 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. 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.



CHEMICAL DEPENDENCY PROFESSIONALS: Institute for Brain Potential 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.



APPROVED PROVIDER OF CONTINUING EDUCATION by The American Occupational Therapy Association, Inc.

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: Institute for Brain Potential 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: This program is pending approval by the **PA State Board of Physical Therapy** for 6 contact hours of continuing education credit.

SPEECH-LANGUAGE PATHOLOGISTS: This program is designed to be relevant to speech-language pathologists. Participants will receive a certificate for completing this 6-hour program.

MASSAGE THERAPISTS: Institute for Brain Potential is approved by NCBTMB as a CE Approved Provider, #450939-09. This course is pending approval by NCBTMB for 6 CE hours.

CASE MANAGERS: This program has been submitted to the **Commission for Case Manager Certification** for approval to provide board certified case managers with 6 CE contact hours.

DIETITIANS: Institute for Brain Potential 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 CEUs of professional development toward license renewal in PA 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.

Medical foods are FDA-monitored foods formulated to meet the nutritional requirements of specific diseases. Medicinal foods include 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 persistent depression,
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, and
6. Initiating or maintaining sleep.

Attention and Cognition

- **Attention:** how effective is caffeine for ADHD alone, or in combination with psychostimulants?
- **Improving Focus:** how coffee and ingredients in coffee facilitate the release of dopamine and norepinephrine and enhance focus; adding coconut oil to make “smart coffee.”
- **Treating Cognitive Decline:** medical foods designed to improve memory and cognition, Axona® and Cerefolin NAC®.
- **Enhancing Cognition:** selected amino acids, berries, cocoa, curcumin, and omega-3s; “smart shakes.”

Depression

- **Deplin®:** L-methylfolate, the active form of vitamin B9; and the elevation of serotonin, norepinephrine and dopamine.
- **Omega-3s:** linolenic acid, in leafy green vegetables and flaxseed, is the parent molecule of omega-3s; EPA and DHA.
- **SAMe (S-Adenosyl-L-methionine):** how effective is SAMe as an antidepressant?
- **Neurotransmitters:** foods that increase dopamine, norepinephrine and serotonin.

Pain

- **Theramine™ for Chronic 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 cherries.
- **Corticosteroid-Enhancing Foods:** curcumin, vitamin E, licorice, and quercetin.

Immune System

- **Anti-Inflammatory Nutrients:** curcumin, green tea, chili, ginger, cocoa, garlic, key vegetables, fruit, grains, legumes.
- **Periodontal Disease:** clove for dentin hypersensitivity; mint for gingivitis; pomegranate and turmeric for oral plaque.
- **Foods to Avoid:** inflammatory glutes, refined carbs, high fructose sweeteners, foods elevating omega-6 fatty acids.
- **Pulmona™:** role in 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, flax, eggs, caffeine, green tea, pectin-rich foods, e.g., apples, and cinnamon.
- **App Trim®:** indications for treating 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, and tomato.
- **Endothelial Function:** L-arginine supplementation.
- **Platelet Aggregation:** cayenne, curry, vitamin E, garlic, ginger, ginko, licorice, omega-3s, selected fruits, and turmeric.
- **Coronary and Cerebral Arteries:** cocoa, curcumin, garlic and omega-3-containing foods.
- **Vascazen™:** consists of a patented ratio of EPA to DHA, for treating cardiovascular disease.

Sleep

- **GABAdone™:** amino acids that increase serotonin and GABA, neurotransmitters found in sedative hypnotics.
- **Sentra 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:** indications and potential adverse effects.

ABOUT THE INSTRUCTOR

Michael E. Lara, M.D., a Stanford-trained clinical neuroscientist, is recognized for his evidence-based approaches to providing lifestyle prescriptions that include nutrition and exercise.

An outstanding, insightful and inspiring presenter, Dr. Lara speaks frequently at health-related conferences throughout North America. He communicates 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.