ON-Demand Webcast

Tuesday, August 25, 2020 – Sunday, November 22, 2020

Participants interested in on-demand, self-study learning including continuing education credit may register to download the recording of the program from Tuesday, August 25, 2020 through Sunday, November 22, 2020. The program plus in-class exercises will be available in four convenient segments.

HOME STUDY RECORDINGS

Valid for CE until June 29, 2023

You may listen to or view the recorded lecture at your convenience and earn home study credit. Expiration date: June 29, 2023.

THE SCIENCE AND CLINICAL APPLICATION OF NUTRITIONAL STRATEGIES FOR IMMUNE RESILIENCE

Interactive Webcasts with CE Credit:
- One:
  - Interactive Webcasts with CE Credit: $145
  - On-Demand Webcast with CE Credit: $115
- Group Registrations:
  - Group Registrations: $125
- Tuition is in US dollars.
- Home Address:
  - Home Address:
  - City/State/Zip:
  - Phone Work Number:
  - Fax Number:
  - Email:
  - Profession:

Pre-Registration
- $79 Individual Rate
- $74 Group Rate (for three or more people registering together)
- $49 Registration on the Day of the Program

NURSES: Institute for Brain Potential (IBP) is accredited as a provider of continuing education by the American Nurses Credentialing Center’s Commission on Accreditation. Institute for Brain Potential is approved as a provider of continuing education by the California Board of Registered Nursing, Provider #CEPF13986, 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 credit. 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 has been approved by NBCA as an Approved Continuing Education Provider, ACEP No. 5402. Programs that do not qualify for NCC credit are clearly identified. Institute for Brain Potential is solely responsible for all aspects of the programs. This program provides 6 CE hours.

DENTAL PROFESSIONALS: This program provides 6 CE hours. Institute for Brain Potential, provider IBP #102949, is approved to conduct continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the California Dental Board of California. Institute for Brain Potential is an approved provider with the Florida Dental Board of Dentistry.

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Interactive Webcast Schedule: Sign-in: 8:30 – 9 AM, program starts: 9 AM, lunch break: 11:30 AM, online Q & A: 12 – 12:30 PM, lecture resumes: 12:30 PM, adjournment: 4 PM. 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 Tuesday, August 25, 2020 until Sunday, November 22, 2020. 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: June 29, 2023. We anticipate shipments of CDs/DVDs will take place during the first week of September.

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 correct errors if you do not receive a confirmation notice. Successful completion includes full attendance, submission of the evaluation form, and for home study credit, submission of the post-test. NCC credits 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 than $15 processing fee or an automated credit to the credit card on file. Automated credits cannot be redeemed for cash. All requests must be made in writing or online. No IBP program has ever been cancelled as the result of low attendance.

User-Friendly Technical Support: If you are not computer savvy, we can help. Just call us anytime at (60) 458-5532. We have presented webcasts to over 100,000 health professionals since 2013.

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 IIN: 52-28630) has presented informative and practical seminars. IBP is the leading provider of accredited programs concerning the brain and behavioral sciences.
Basics of the Immune System and Inflammation

- The Three Layers of Immunity: borders, innate defenses, and adaptive responses.
- Maintaining the Integrity of Borders and Boundaries: mucosal membranes and microorganisms (oral, nasal, lung, gut); leaky membranes; tight junctions; fortifying nutrients.
- The Innate Immune System: cellular guardians, cytokines and chemokines, rapid response to pathogens, cytokine storm, oxidative stress; the role of antioxidants.
- Understanding Inflammation: beneficial and maladaptive aspects, nutrients that regulate inflammatory cytokines and anti-inflammatory nutrients; how selected foods can be inflammatory.
- The Adaptive Immune System: T and B cells, autoimmunity, overreactive immune response vs. depressed immunity; how nutrients can regulate immune cell populations.

The Gut as the ‘Seat’ of Immunity: Cultivating a Healthy Microbiome

- The Gut as Main Driver of Immune Health: gut-associated lymphoid tissue, the gut microbiome, creating a milieu for healthy microbial populations.
- Food and the Gut-Immune Connection: understanding food intolerance, sensitivity and allergies.
- How Stress Affects the GI Tract: shifts in microbial populations and neuropeptides.
- The Brain-Immune-Gut Connection: how changes in mood/mind alter gut function and vice versa; the immune system as indicator of brain and gut relationship.
- Stress and Digestive Disorders: Irritable Bowel Syndrome (IBS), GERD, and Inflammatory Bowel Disease.
- Anxiety and the GI Tract: role of inflammation.

Stress, Appetite, Emotions and Inflammation

- Understanding Stress-Related and Emotional Eating: the immune regulation of appetite and satiety.
- Norepinephrine and Acute Stress: appetite suppression and caffeine, nicotine, and other compounds.

- Cortisol and Stress-Related Eating: immune suppression, glucose, and appetite; time of day, cortisol and the Circadian Syndrome.
- Emotional Eating and Serotonin and carbohydrate-related craving.
- Impulsive Eating and Dopamine: reward expectancy, the brain, and the addiction circuit.
- Compulsive Eating and Endogenous Opioids: consumption of fatty foods that impair immune resilience.

Targeted Nutrients to Improve Immune Resilience and COVID-19

- The role of comorbidities: cardiovascular disease, metabolic syndrome, impaired immune function
- Reducing Susceptibility and Promoting Prevention: vitamins A, C, and D, zinc, quercetin, curcumin, green tea catechins, the gut microbiome, and fermented foods.
- Recovery and Restoration: a focus on nutrients for improved oxygenation and immune health.

FREQUENTLY ASKED QUESTIONS

Q: Is there a way to enjoy the webcasts without being at my computer for 6 hours? What if I am not free on any of the scheduled dates of the broadcasts?
Yes! First, register for the program. You will receive a link to view the program starting August 25 until November 22. 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.

The Science and Clinical Application of Nutritional Strategies for Immune Resilience

This seminar presents advances in the scientific understanding and clinical approaches to improving immune system resilience. Emphasis is placed on the key role of the gastrointestinal tract, and neurotransmitters that affect inflammation, disorders of the GI tract, mood, anxiety, appetite and evidence-based nutrition and lifestyle strategies.

Participants completing this new 6-hour program should be able to:
1. Name key aspects of the immune system that contribute to inflammation and how they can be modified through nutrients.
2. Identify how psychological stress, inflammation, and anxiety are affected by nutrients and the microbiome of the GI tract.
3. List nutritional approaches to help optimize stress-related neurotransmitters and hormones that impact immune health and appetite signaling.
4. Discuss several nutrients indicated to prevent or manage COVID-19.

Frequentely Asked Questions

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- Recovery and Restoration: a focus on nutrients for improved oxygenation and immune health.

ABOUT THE INSTRUCTOR

Deanna M. Minich, Ph.D., (Human Nutrition and Metabolism) is an inter-nationally recognized expert, researcher, author, and speaker in the field of nutrition concerning phytonutrients, detoxification, and women’s health. Dr. Minich is a Fellow of the American College of Nutrition and a Certified Nutrition Specialist. She is the author of over twenty scientific publications and the founder of integrated “full-spectrum” approach to nutrition. Dr. Minich has authored research-based books including Whole Detox and The Rainbow Diet.

Dr. Minich has presented courses of study for the last two decades to licensed health professionals. An inspiring and highly informative speaker, Dr. Minich presents practical and evidence-based advances in the study of nutritional science with clarity, wisdom and warmth.

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