

INTERACTIVE WEBCASTS

Tuesday, August 25, 2020, 9 AM – 4 PM (PDT)

Friday, September 25, 2020, 9 AM – 4 PM (PDT)

Thursday, October 22, 2020, 9 AM – 4 PM (PDT)

You will need a computer with internet access and speakers or headphones to participate in the webcasts.

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

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Interactive Webcasts with CE Credit:

- Tuesday, August 25, 2020, 9 AM – 4 PM (PDT)
- Friday, September 25, 2020, 9 AM – 4 PM (PDT)
- Thursday, October 22, 2020, 9 AM – 4 PM (PDT)

On-Demand Webcast with CE Credit:

- August 25, 2020 – November 22, 2020

Purchase of Recordings with Home Study CE Credit through June 29, 2023:

- 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 Registration on the Day of the Program
- \$19 *The Rainbow Diet* (2017) (284 pages) by Dr. Minich – a text that helps improve immune function.

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

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 has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6342. Programs that do not qualify for NBCC credit are clearly identified. Institute for Brain Potential is solely responsible for all aspects of the programs. This program provides 6 clock hours.



Institute for Brain Potential, ACE Approval Number: 1160, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Institute for Brain Potential maintains responsibility for this course. ACE provider approval period: 11/11/17 – 11/11/20. Social workers completing this course receive 6 clinical continuing education credits. 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) 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 #SW-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. The **Ohio CSWMFT Board** accepts continuing education programs approved by NBCC for counselors and ASWB for social workers. This program provides 6 contact hours.



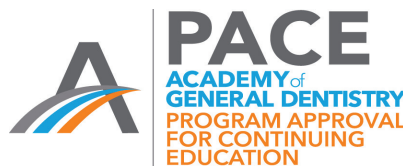
OCCUPATIONAL THERAPISTS: Institute for Brain Potential is an **American Occupational Therapy Association (AOTA)** Approved Provider, #6050. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 6 contact hours. Content Level: Intermediate. Content Focus: Domain of OT (Client Factors) and Occupational Therapy Process (Outcomes). Please note that AOTA-approved credit is only available for CDs and DVDs of the program. This course is approved by the **FL Board of Occupational Therapy** for 6 hours of credit.

CHEMICAL DEPENDENCY PROFESSIONALS: This course has been approved by Institute for Brain Potential, as a NAADAC Approved Education Provider, for 6 CEs. NAADAC Provider #102949. Institute for Brain Potential is responsible for all aspects of its programming.



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 0492-0000-20-056-L04-P and 0492-0000-20-056-L04-T. The on-demand webcast and home study CDs/DVDs are knowledge-based activities with UANs 0492-0000-20-057-H04-P and 0492-0000-20-057-H04-T. Initial Release Date: 06/29/2020. Planned Expiration Date: 06/29/2023. 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: This program provides 6 CE hours. 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**.



Institute for Brain Potential
Nationally Approved PACE Program Provider
for FAGD/MAGD credit.
Approval does not imply acceptance by any
regulatory authority or AGD endorsement.
12/01/18 to 11/30/24
Provider ID# 312413
AGD Subject Code: 557
Release Date: 06/29/20. Expiration Date: 06/29/23

PHYSICAL THERAPISTS: Institute for Brain Potential is approved 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. Institute for Brain Potential is recognized by the **New York State Education Department's State Board of Physical Therapy** as an approved provider of physical therapy continuing education. This program is pending approval by Texas chapter of the **American Physical Therapy Association (APTA)**. 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 interactive webcasts 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 live and 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: I. Suggested Learning Codes: 5120, 5220, and 5270. CDR-approved credit is available for only the interactive webcasts 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 SCIENCE AND CLINICAL APPLICATION OF NUTRITIONAL STRATEGIES FOR IMMUNE RESILIENCE

A 6-Hour Program for Health Professionals

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 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, 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.

User-Friendly Technical Support: If you are not computer savvy, we can help. Just call us anytime at (650) 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 ID 77-0026830) has presented informative and practical seminars. IBP is the leading provider of accredited programs concerning the brain and behavioral sciences.

THE SCIENCE AND CLINICAL APPLICATION OF NUTRITIONAL STRATEGIES FOR IMMUNE RESILIENCE

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.*

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 microbiomes (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.
- **Probiotics, Prebiotics, Synbiotics and Postbiotics:** evidence-based role of diverse dietary fibers, short-chain fatty acids for system-wide immune signaling.

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.

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.