

INTERACTIVE WEBCAST SATURDAY, JULY 31, 2021

INTERACTIVE WEBCAST

Saturday, July 31, 2021, 9 AM – 4 PM (PDT)

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

ON-DEMAND WEBCAST

Thursday, August 5, 2021 – Sunday, September 5, 2021

Participants interested in on-demand, self-study learning including continuing education credit may register to download the recording of the program from Thursday, August 5, 2021 through Sunday, September 5, 2021. The program plus in-class exercises will be available in four convenient segments.

HOME STUDY RECORDINGS

Valid for CE until January 1, 2023

You may listen to or view the recorded lecture at your convenience and earn home study credit. Expiration date: January 1, 2023

HORMONES, NEUROTRANSMITTERS, DIET, AND HEALTH

✓ one

Interactive Webcast with CE Credit: Saturday, July 31, 2021

On-Demand Webcast with CE Credit: August 5, 2021 – September 5, 2021

Purchase of Recordings with Home Study CE Credit: through January 1, 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) _____

TUITION

- \$79 Pre-Registration Rate
- \$89 Registration on the Day of the Program
- \$19 *The Rainbow Diet* (2017) (284 pages) by Dr. Minich — a text that helps improve conscientious eating habits.

FOUR WAYS TO REGISTER

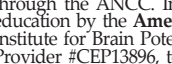
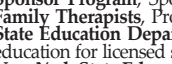
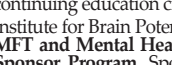
1. Internet: www.ibpceu.com
2. Mail: PO Box 2238, Los Banos, CA 93635 (make check payable to IBP)
3. Fax: (877) 517-5222
4. Phone: (866) 652-7414 (open 24 hours a day, 7 days a week)

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 nursing continuing professional development 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 recognized by the **New York State Education Department's State Board for Psychology** as an approved provider of continuing education for licensed psychologists #PSY-0090. IBP is approved as a provider of continuing education by the **Florida Board of Psychology**. This course provides 6 contact 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: 11/11/20 – 11/11/23. Social workers completing this course receive 6 clinical continuing education credits. Social Work Practice Level: Intermediate.

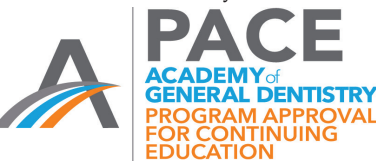
Institute for Brain Potential is approved as a provider of CE by **Florida Board of Clinical Social Work, MFT and Mental Health Counseling**, by **Illinois Department of Professional Regulation MFT CE Sponsor Program**, Sponsor #168.000183, and by **Texas State Board of Examiners of Marriage & Family 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 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 (6 AOTA CEUs). Content Level: Intermediate. Content Focus: Domain of OT (Client Factors), and Occupational Therapy Process (Outcomes). 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 CE's. 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 0492-0000-20-028-L04-P and 0492-0000-20-028-L04-T. The on-demand webcast and home study CDs/DVDs are knowledge-based activities with UANs 0492-0000-20-029-H04-P and 0492-0000-20-029-H04-T. Initial Release Date: 01/01/2020. Planned Expiration Date: 01/01/2023. 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: 01/01/20. Expiration Date: 01/01/23

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 approved by Texas chapter of the **American Physical Therapy Association (APTA)**. Approval Expires: 02/05/2022. 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)**, # FDP247, and by the **Florida Board of Speech-Language Pathology and Audiology**. CE credit for SLPs in Florida is available for only the interactive webcast of the program. This program provides 6 CE hours.

ACUPUNCTURISTS: This course is approved by the **California Acupuncture Board**, Provider Number 565, for 6 hours of Category 1 distance education credit. Please note that live credit is not available for this webcast.

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: 1120, 4040, 4090, and 5160. CDR-approved credit is available for only the interactive 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.

BEST FOODS FOR HORMONE BALANCE



HORMONES, NEUROTRANSMITTERS, DIET, AND HEALTH

A 6-Hour Program for Health Professionals

Interactive Webcast Schedule: The date of the interactive webcast is Saturday, July 31, 2021, 9 AM, Pacific Daylight Time. 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 Thursday, August 5, 2021 until Sunday, September 5, 2021. Registrants who sign up for the interactive 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: January 1, 2023.

Confirmation Notices and Certificates of Completion: Registration confirmations, certificates of completion, evaluation forms, and posttests are emailed or mailed. Please attend even if you do not receive a confirmation. Successful completion includes: 1) Participating in the interactive webcast, viewing the on-demand webcast or DVD recording, or listening to the CD recording, 2) Submission of the evaluation form and post-test by email or mail, and 3) Receiving a passing score of 70% on the post-test. You may retake the exam without penalty or fee. No partial credit will be given.

Transfers and Cancellations: Registrants wishing to transfer or cancel have four options: 1) Transfer to alternate date of the webcast, 2) Transfer to another scheduled webcast, 3) Receive a full-value voucher good for one year for any live or recorded program, or 4) Obtain a full refund minus a \$15 fee by submitting a refund request in writing or by email at refund@ibpceu.com.

24/7 Customer Service: Call (888) 202-2938 to ask about course content, instructors, corrections, grading, problem resolution, provide comments, request disability accommodations, submit a formal grievance, or remove your name from a list. To view detailed agenda for the webcast and system requirements to participate in the program, visit: www.ibpceu.com/info/shoi.pdf

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.

HORMONES, NEUROTRANSMITTERS, DIET, AND HEALTH

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 July 31, the date of the broadcast?

Yes! First, register for the program. You will receive a link to view the program starting August 5 until September 5. 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.

This program provides practical evidence-based findings concerning the connection between stress, hormones, appetite, anxiety, mood, energy and fatigue, the aging brain, sleep and diet. The course also includes a fact check on popular claims.

Participants completing this new 6-hour program should be able to identify the role of stress and dietary factors related to:

1. Cortisol and inflammation.
2. Reproductive hormones.
3. Pancreatic health.
4. Circulatory and cardiovascular health.
5. Thyroid health.
6. Brain health.

Chronic Stress, Cortisol and Inflammation

- **Key Conditions:** chronic stress, hyper- and hypocortisolemia, and immune disorders.
- **The Stress Connection:** cortisol, a key adrenal hormone associated with chronic stress, inflammation, and stress-related disorders.
- **Stress-Modifying Nutrients:** ascorbic acid (vitamin C), anthocyanins (flavonoids), lycopene, polyphenols, beta-cryptoxanthin, and betalains.

Reproductive Hormones

- **Key Conditions:** polycystic ovary syndrome, estrogen imbalance, peri-menopause and risk of breast cancer; estrogen and risk of Alzheimer's disease.
- **The Stress Connection:** dysregulation of cortisol and insulin can inhibit fertility and lower mood.
- **Hormonal Balance:** fats and oils; carotenoids in orange fruits and vegetables.

Pancreatic Health and Digestion

- **Key Conditions:** enzyme deficiency, type 2 diabetes, indigestion, constipation, IBS, and colon cancer.
- **Pancreatic Hormones:** insulin and glucagon.
- **The Stress Connection:** cortisol increases blood glucose, risk of insulin resistance and type 2 diabetes.
- **Glucose Regulation and Appetite:** soluble fiber (nuts, seeds, beans, lentils); benefits of combining anti-inflammatory nutrients with low-glycemic, appetite-suppressing foods.
- **Improving Digestion:** selected fruits, vegetables, and grains.

Circulation, the Heart, and Cardioprotective Foods

- **Key Conditions:** hypertension, hyperlipidemia, endothelial dysfunction, arterial stiffness and heart failure.
- **The Stress Connection:** acute stress and epinephrine (stress, heart rate, heart contractility) and norepinephrine (vasoconstriction, blood pressure); heart rhythm imbalances (arrhythmia, atrial fibrillation) and broken heart syndrome.
- **Diet:** vitamin K-rich foods (coagulation and arterial stenosis); folate (homocysteine and blood vessels), leafy greens and crucifers (hypertension); dietary nitrates and sulfur-containing vegetables, e.g., garlic (blood pressure, platelet aggregation, and endothelial health).

Thyroid Health and Diet

- **Key Conditions:** thyroiditis, hypothyroidism, hyperthyroidism, and basal metabolism.
- **Thyroid Hormones:** understanding T3, T4 and RT3.
- **Stress:** thyroid disorders increase cortisol and fatigue; changes in weight and body composition.
- **Diet:** blue-green iodine-rich sea plants; mineral-rich foods; goitrogens and thyroid-blocking agents.

Brain Health

- **Key Conditions:** anxiety, mood, cognition, insomnia.
- **Neurotoxic Stress:** cortisol can damage the hippocampus and affect short-term memory, expand the amygdala underlying anxiety and fear, and rewire the prefrontal cortex and impair problem-solving.
- **Anxiety:** review of foods that can modify GABA, the neurotransmitter involved in sedative hypnotics; anxiolytic and sedating foods, e.g., theanine from green tea, spices, essential oils, and lavender.
- **Mood:** foods rich in B12 and omega-3 fatty acids, cacao and cocoa, caffeine, and release of endorphins.
- **Neuroprotective Foods:** purple polyphenols (cerebral inflammation and ischemic brain injury); grape products (traumatic and ischemic injury); curcumin (neuro-inflammation).
- **Sleep:** melatonin-rich foods and time of sleep onset; tryptophan-rich foods and reducing time to fall asleep; foods that improve depth and duration of sleep.

ABOUT THE INSTRUCTOR



Deanna M. Minich, Ph.D., I.F.M.C.P., C.N.S., is an internationally-recognized speaker, researcher, functional medicine clinician, and author in the field of nutrition, phytonutrients, and women's health. She is a Fellow of the American College of Nutrition and a Certified Nutrition Specialist. Dr. Minich is the author of over twenty scientific publications and founder of integrated "full-spectrum" approach to nutrition. She has authored research-based books including Whole Detox and the Rainbow Diet.

Dr. Minich has presented courses for the last two decades to licensed health professionals. An inspiring and highly informative speaker, she presents practical and evidence-based advances in the study of nutritional science with clarity, wisdom and warmth. Dr. Minich will answer your questions in class, during the second half of the lunch break, and by email after the program adjourns.