

# LIVE WEBCAST FRIDAY, SEPTEMBER 29, 2017

## LIVE WEBCAST

Friday, September 29, 2017, 9 AM – 4 PM PDT

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

## ON-DEMAND WEBCAST

Wednesday, October 4, 2017 – Saturday, November 4, 2017

Participants interested in on-demand, self-study learning including continuing education credit may register to download the recording of the program from Wednesday, October 4, 2017 through Saturday, November 4, 2017. The program plus in-class exercises will be available in four convenient segments.

## HOME STUDY RECORDINGS

Valid for CE until June 21, 2020

You may listen to or view the recorded lecture at your convenience and earn home study credit. Expiration date: June 21, 2020

# MIND-BODY INTERACTIONS AND THE STRESS-INFLAMMATION CONNECTION

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- Live Webcast with CE Credit: Friday, September 29, 2017
- On-Demand Webcast with CE Credit: October 4, 2017 – November 4, 2017

Purchase of Recordings with Home Study CE Credit: through June 21, 2020

- 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 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

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**.

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

IBP 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 (IBP) 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 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 (IBP) 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. IBP is solely responsible for all aspects of the programs. This program provides 6 clock hours.

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](http://www.aswb.org). Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 continuing education clock hours for participating in this intermediate-level course.

IBP is approved as a provider of CE by **Florida Board of Clinical Social Work, MFT and Mental Health Counseling**, by **Ohio CSWMFT Board**, Provider #RCST030801, 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. 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 6 contact hours. 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.

**SUBSTANCE ABUSE PROFESSIONALS:** Institute for Brain Potential (IBP) is approved by the NAADAC Approved Education Provider Program, Provider #102949. IBP is approved by CCAPP-EL, Provider Number 4S-09-128-1217. This program provides 6 CEHs.



**PHARMACISTS & PHARMACY TECHNICIANS:** IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. The live webcast is a knowledge-based activity with UANs 0492-0000-17-029-L04-P and 0492-0000-17-029-L04-T. The on-demand webcast and home study CDs/DVDs are knowledge-based activities with UANs 0492-0000-17-030-H04-P and 0492-0000-17-030-H04-T. Initial Release Date: 06/21/2017. Planned Expiration Date: 06/21/2020. This program provides 6 hours (.6 CEU).



**DENTAL PROFESSIONALS:** IBP 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. This program provides 6 hours of CE credit. Subject Code: 557. Initial Release Date: 06/21/2017. Planned Expiration Date: 06/21/2020.

IBP, provider RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the **Dental Board of California**. IBP is an approved provider with the **Florida Board of Dentistry**. This program is 6 CE hours.

**PHYSICAL THERAPISTS:** This program is approved by IBP – an accredited approver of the physical therapy continuing education by the **Physical Therapy Board of California**. IBP is an **Illinois Department of Professional Regulation** Approved CE Sponsor for PTs and PTAs, #216.000210. IBP 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 the TX 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:** IBP 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:** IBP 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 live webcast of the program. This program provides 6 CE hours.

**DIETITIANS:** 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 continuing professional education units (CPEUs) for completion of this program/materials. 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: 3005, 5160, 5190, and 5220. CDR-approved credit is available for only the live webcast of the program.

**RESPIRATORY CARE PROFESSIONALS:** RCPs in New York receive 6 hours of Category III credit through the ANCC. IBP is accredited as a provider of continuing nursing education by the **American Nurses Credentialing Center's Commission on Accreditation (ANCC)**. IBP 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 IBP. 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.



# MIND-BODY INTERACTIONS AND THE STRESS-INFLAMMATION CONNECTION

## A 6-Hour Program for Health Professionals

**Live Webcast Schedule:** The date of the live webcast is Friday, September 29, 2017, 9 AM, Pacific Daylight Time. 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 Wednesday, October 4, 2017 until Saturday, November 4, 2017. 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 21, 2020. Self-study credit is available for all California-licensed health professions listed on the brochure except dietitians and massage therapists. We anticipate shipments of CDs/DVDs will take place after November 4, 2017.

**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 receive a tuition refund less a \$15 administrative 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 (e.g., an act of God), 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.

**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.

# MIND-BODY INTERACTIONS AND THE STRESS-INFLAMMATION CONNECTION

## 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 September 29, the date of the broadcast?**

Yes! First, register for the program. You will receive a link to view the program starting October 4 until November 4. 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.

*It is remarkable how lifestyle plays an integral role in development and prevention of low-grade chronic inflammation. In this unique class, learn the role of stress, mood, sleep, nutrition, physical activity, and mind-body practices.*

*Participants completing this program should be able to identify lifestyle factors underlying:*

- 1. the link between chronic stress and inflammation,*
- 2. cardiometabolic risk factors,*
- 3. immune, autoimmune conditions, and sources of chronic inflammation in dental and medical disorders,*
- 4. pro- and anti-inflammatory aspects of brain health and ways to protect the aging brain, and*
- 5. anti-inflammatory lifestyle habits.*

## Chronic Inflammation: The Mind-Body Connection

- **Understanding Chronic Inflammation:** acute inflammation is vital for healing injury and killing pathogens; why chronic inflammation can be a symptom or a cause of most chronic disorders.
- **Acute Stress:** how cortisol, a key adrenal hormone, is elevated in response to physical stressors or to psychological threat.
- **Chronic Stress:** how cortisol is suppressed and low grade chronic inflammation occurs in people with chronic pain, sleep disorders, mood disorders, PTSD, and in people who exercise too little or too much and who eat indiscriminately or diet excessively.
- **Corticosteroids:** how they suppress inflammation; indications and adverse effects of chronic use.
- **Anti-Stress Nutrients:** natural steroidal-like effects of vitamin E, quercetin, licorice and curcumin, fish oils and marine algae.
- **NSAIDs:** how COX-2 inhibitors reduce inflammation and pain; indications and adverse effects of aspirin, indomethacin, ibuprofen and other NSAIDs.
- **Anti-Inflammatory Nutrients:** natural NSAID-like effects of ginger, curcumin, cherries, black willow and wintergreen.
- **Nutrients That Regulate Inflammatory Messengers:** each disorder of chronic inflammation has distinct cytokines that occur in foods, e.g., cherries, garlic and ginger (IL-1), curcumin, resveratrol, Boswellia (IL-6), garlic (IL-8), fish oil, curcumin, resveratrol, garlic, and ginger (TNF-  $\alpha$ ).

## Cardio-Metabolic Inflammation

- **The Stress Connection:** increased appetite for calorie-dense foods, and development of abdominal obesity and stress-related fat.
- **Cardiometabolic Syndrome:** cortisol- and insulin resistance, appetite and inflammation; microbial imbalance and oral bacteria in atherosclerotic plaque.
- **Prediabetes and Diabetes:** how diet influences GI microbes that drive inflammation in diabetes; frequent, small low-glycemic meals and snacks to help relaxation and maintain low blood glucose during sleep; benefits of cinnamon, curcumin, resveratrol and green tea.
- **Managing Hypertension:** benefits of garlic, CoQ10, magnesium, dark chocolate when combined with antihypertensives.
- **Beneficial Dietary Fats:** a healthy ratio of omega-3s and its precursors (flax, hemp), omega-9s (olive oil, avocado, nuts) versus omega-6s and saturated fats (e.g. dairy).

## Allergies, Asthma, Autoimmune Conditions

- **Allergies:** how nutrients inhibit the pro-inflammatory cytokines released by mast cells (e.g., IL-1, IL-6 and TNF-  $\alpha$ ) and allergy-reducing nutrients: curcumin, green tea, flax and fish oil.
- **Food Allergies:** histamine and allergic reactions to proteins in eggs, milk, peanut, tree nuts, shellfish and wheat; celiac disease, inflammatory bowel disorders (e.g., Crohn's disease), and gluten sensitivity; how to use an elimination diet.
- **Asthma:** identifying environmental triggers, foods, and drugs; value of carotene, vitamins C, D, lycopene, caffeine, fish oil.
- **Periodontal Disease:** a key source of chronic inflammation; bacterial strains linked to heart attack and stroke; protective probiotics.
- **Common Autoimmune Disorders:** role of nutrients:
  - Thyroid disorders: thyroid-stimulating or inhibiting foods.
  - GI Tract: celiac disease, gluten sensitivity, IBS and probiotics.
  - Rheumatoid Arthritis: disease modifying drugs and foods.

## Brain

- **Sleep:** insomnia produces neuro-inflammation and impairs clearance of amyloid; the use and misuse of melatonin, magnesium, kava and valerian; low glycemic, tryptophan snacks that help relax.
- **Mood:** depression, hostility and anger are identified with inflammatory cytokines; how inflammation in the brain or body impairs mood regulation; anti-inflammatory effects of antidepressants and fish oil.
- **Stroke:** risks of atrial fibrillation, and ischemic and hemorrhagic strokes: aspirin, COX-2 inhibitors, fish oils, omega 6s and 9s.
- **Alzheimer's Prevention:** the inflammatory nature of amyloid plaque and neurofibrillary tangles; connection with type 2 diabetes; effects of NSAIDs, vitamin E, and curcumin.
- **Brain-Protective Fats:** omega-3s: EPA, DHA and ALA that protect against loss of short-term memory in the vulnerable hippocampus; neurotoxic effects of arachidonic acid and omega-6s.

## Anti-Inflammatory Lifestyle Habits

- **Neuroprotective Mindset:** stress-resilient habits that protect the hippocampus against neurotoxic effect of cortisol and loss of short-term memory; the anti-inflammatory benefits of mindfulness.
- **Mind-Body Practices:** yoga, meditation and regular physical activity stimulate anti-inflammatory cytokines and normalize cortisol.
- **Sleep:** key sleep-enhancing habits involve regular exposure to light, meal times, pre-sleep rituals and time in bed.
- **Avoiding Inflammatory Foods:** simple sugars, white flour, white potatoes, rice and processed foods to prevent inflammatory advanced glycation end products.
- **Nutritional Strategies for the Aging Brain:** natural sources of trace elements, avoidance of toxic metals; vitamin B complex, C, D, E, CoQ10, lipoic acid; cognitive-protecting nutrients including green tea; indications of alcohol for brain and heart health.
- **Anti-Inflammatory Recipes:** selection of spices, polyphenols and other foods that can inhibit the inflammatory cytokines specific to key disorders presented in class.
- **Life-Extending Nutrients:** key neuroprotective and longevity-enhancing elements in the Mediterranean and Okinawan diets.

## ABOUT THE INSTRUCTOR



*Lisa E. Goehler, Ph.D., is Lecturer in Nursing, Neuroimmunology and Behavior at the Center for the Study of Complementary Therapies at the University of Virginia. Dr. Goehler is an expert in the study of mind-body interactions as they affect the response to psychological stress, the immune system, and the development of an anti-inflammatory lifestyle.*

*Dr. Goehler has been the recipient of numerous grants, honors and awards. The author of more than 50 scientific publications, her research demonstrated how anxiety and mood disorders can result from GI inflammation. Her research also describes nutritional pathways to reducing the risks of chronic low-grade inflammation.*

*An outstanding speaker, Dr. Goehler presents practical discoveries to her students and health professionals with enthusiasm, clarity and warmth. In addition to Q & A sessions in class, Dr. Goehler will answer your questions during the second half of the lunch break and by email after the program concludes.*